Chichester Herald

Friday 13 December 2013
YOUR FREE WEEKLY NEWSPAPER

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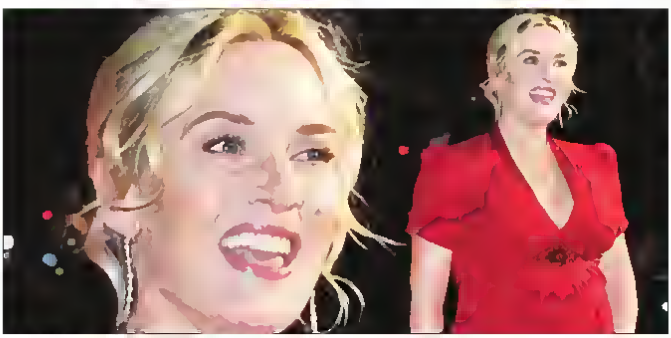
>> *Hollywood star Winslet gives birth in a Chichester hospital*



Hollywood star had her baby in Chichester at the weekend

Dean Adams
NEWS@CHICHESTERHERALD.CO.UK

LOCAL Hollywood star Kate Winslet is 'doing great' after giving birth to a baby boy on Saturday in a Chichester hospital

But the Oscar winning star chose not to deliver her third child in the comforts afforded by a private hospital, instead relying on the service of the NHS

The actress had the baby, her first child with new husband Ned RocknRoll, at St Richard's Hospital

A spokeswoman for the star said: "Mother and baby are doing great. Kate had 'Baby Boy Winslet on Saturday at an NHS Hospital," adding that that the couple were "thrilled to bits".

The actress married Mr RocknRoll, the nephew of Virgin tycoon Sir Richard Branson, in New York last December, almost 18 months after they met. They have been spending most of their time in and around Chichester and the Witterings with Ned having grown up sailing at Itchenor and was previously married to Midhurst's Eliza Pearson, the daughter of Viscount Cowdray

The couple last year bought a house in Treyford near Harting but Kate found herself embroiled in a battle with locals over her plans for a set of new wooden gates at her 15th century home in the sleepy hamlet

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Winslet gives birth in a Chichester hospital

Continued from page 1

The 37-year old actress lost the fight following objections to her proposals to install the 2 metre-high gates (just over 6ft 6in) at her £1.05million property and has since been rumoured to have moved closer to the coast having been spotted on walks along West Wittering beach.

Kate has faced criticism from people who describe her as a '3x3' because of her three children with three different men.

Kate was previously married to Jim Threapleton, the father of Mia, and Sam Mendes, with whom she had her son Joe.

But in an interview with Vogue, she defended her parenting, saying 'People go: 'Oh, my God! Those poor children! They must have gone through so much.'' Says who?

'They've always been with me. They don't go from pillar to post, they're not flown here and there with nannies.

'That's never happened. My kids don't go back and forth, none of this 50/50 time with the mums and dads – my children live with me, that is it. That is it!''

Let us know what you think @Cliherald

Star was spotted shopping in Chichester recently whilst heavily pregnant

Brides disgusted at 'vanishing act'

DEVASTATED brides-to-be have slammed a boutique owner for her disappearing act – with no hope of a dresses or a return of their deposits.

Wedding shop owner Natalie Wileman 'vanished from the face of the Earth'' after taking deposits for wedding gowns worth thousands.

Frantic with worry, the brides-to-be are now trying to find the designer and retrieve their dresses before time runs out.

Ms Wileman sold the dresses from her bridal shop, Everything But The Girl, in Chichester, before then attempting to meet people in a local hotel after her business got into difficulty. She left owing the hotel money and then abruptly closed the business earlier this year before re-opening briefly in Brighton.

Soon anxious brides-to- be began complaining on social networking sites that their dresses were nowhere to be seen.

One bride said. ''I paid Natalie hundreds and lost everything.

''She cancelled and cancelled on me everytime and then vanished. On her last meeting with me she tried to meet me in a hotel in Chichester but didn't turn up. The whole situation made me feel sick.

Another bride-to-be said: ''I put down a £580 deposit on the dress when I visited the Chichester shop. Everything seemed fine.

''Then I got an email saying there was going to be a 'relocation sale', which set my alarm bells ringing. When I looked online and found all the bad reviews I nearly had a breakdown.''

The woman travelled to Brighton in July to confront Ms Wileman, but found that her new shop was in fact a rented room in the Brighton Media Centre, stuffed with dresses.

She said: ''Natalie promised me my dress would be coming within three months. That was the last I heard from her.

''She won't answer her phone or any of my emails.

''I'm heartbroken. I don't have £600 to lose and I'm supposed to be getting married in February.

''A bride shouldn't have to be worrying about her dress on the most important day of her life.''

Her Facebook and Twitter pages appear to have been deleted and the Everything But The Girl website has been taken down.

Drink or Drive message is spread in Chichester

SUPERMARKET staff teamed with police and fire crews to try to spread the Drink or Drive message in Chichester.

Officers from Chichester neighbourhood policing team and staff from Sussex Safer Roads Partnership took this year's Christmas campaign to the Tesco superstore in the city.

During the event on Monday 2 December dozens of shoppers were spoken to about the campaign and were given Mocktail recipe cards which include details of non-alcoholic cocktails. The Sussex Safer Roads Partnership information bus was also on hand for more information.

In the last three years, 170 people have been killed or seriously injured on the roads of Sussex after being involved in crashes involving drivers who have been drinking.

PCSO Jason Lemm said: ''It was fantastic to see so many people wanting to speak to us about this very emotive subject. If you are planning to drink this Christmas, consider arranging a lift, get a taxi or take public transport.''

Jo McNeily, from Tesco, said: ''We at Tesco Chichester are proud to support the police and fire service in such a good cause.

''We all want our customers to have a fun and festive Christmas but our primary concern for our customers and our community is to have a safe festive holiday.''

If you see someone driving and suspect that they've been drinking or taking drugs call 999 or text their details to 65999.

Anorak Corner

Interesting snippets of information about Chichester

The railway line between Pulborough and Midhurst once had a station at Petworth but the line was closed to passenger use in 1955 and finally to freight in 1966 though the station building survives as a bed and breakfast establishment.

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Tweets of the Week

All tweets are from Chichester people or about the area (some tweets may contain errors) **Let us know what you think @Chiherald**

@WSCCGritting
On the 12 days of Gritmas West Sussex gave to me 12 pieces of important advice about gritting and road safety #12DaysofGritmas

@DartagnanMens
Loads more very grateful customers entered into the #Christmas #raffle! Who is going to win?! Make a purchase & give yourself a chance

@ArundelCastle
#didyouknow Arundel Castle is set in 40 acres of stunning grounds and gardens - plenty to explore and enjoy!

@portsmouthfilms
Chichester Cinema at New Park & Chichester International Film Festival is preparing a new venue apparently ;)

@SussexSimon
Parish church of #westwittering St Peter & St Paul, home of a world record for playing the organ 45 hrs non stop!

@WorthingTown
On 2 December Worthing and Arun Mind and Chichester Area Mind merged to become Coastal West Sussex Mind

@LarryBowes
Perfect sunset @CromerDellQuay to mark the relaunch of our beautiful new pub #chichester @YoungsPubs

@TheShipHotel
If you're out in #Chichester today make sure you check out the #Christmas market!

@aegarthor
Chichester Station clock is quite the mid-century artefact.

@chiuni
Chichester Cathedral is full of the spirit of Christmas at our annual Carol Service!

Shut up your whinging, we don't know we're born

NELSON MANDELA

A historian tweeted "My first thought when I heard of the death of Nelson Mandela was what did Bono think of him? Turned out he approved" Sarky but fair The people who are qualified to talk about the man are the poor of Soweto not Geri Halliwell etc

WANNA BET?

I notice a new Ladbrokes has opened just down from the Cross in South St I don't mind a bet myself but I prefer to pit my skills on actual sports today's bookies seem more like amusement arcades

WANNA LAY?

I went into David Messam, the best shop in Chichester for a packet of upholstery tacks and they told me they are holding me to my bet that I'll eat a copy of the Herald if Man U don't win the Premiership I'm laying off my bet by getting the Heston Blumenthal recipe for edible newspaper he used this week for his fish and chip recipe did you see that programme!

SPECTACLES

Heston Blumenthal's specs are based on the enthusiastic shapes he makes with his mouth, I'm convinced Clever man

RAFFLE

I spent part of the week selling raffle tickets for the Christmas Fayre at Central School You knew Central it's the big Primary school on your left as you approach the Fire Station roundabout coming from the south Excellent school Chichester businesses have been very generous putting up prizes can't mention them all but LA Fish caught the eye giving 4x£10 vouchers

FISH AND CHIPS

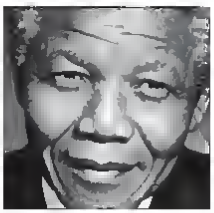
If turkey was banned I'd have fish and chips for Christmas dinner seriously

THE STORY

The Heston Blumenthal on fish and chips was interesting He said that fish and chips got to be our national favourite during the war when food was tight Churchill ordained that fish and chips was so important he took it off the rationed list. Unfortunately this meant our fishermen spent every waking moment at sea The Nazis got wind of how much it meant to us and sent their U Boats after the fishing boats Thousands of unarmed British fishermen were murdered ratching the rod and haddock to lift our spirits in those dark days. Can you imagine!

PERSPECTIVE

People born after the war have no idea. I don't have much idea We whinge about the economy immigration and bankers See that elderly lady at the bus stop? When she was a little girl enemy men came flying over her house trying to kill her mummy and daddy Every night Shut up your whinging we don't



know we're born

POST OFFICES

Aren't the queues big this year? I wanted to send a stocking to a relative in China Turned out I had to fill in a form, identify each little wrapped up present, country of origin and exact price on the People's Republic might have to open it up How do you explain, for example a box of Emergency Moustaches or a pair of drumstick pencils (both John Lewis they have some excellent tattle) in eight words?

JOKE

At a meeting of the local Communist Party the Chairman a man called Rudolph was moderating a heated debate about enrichment weather and its effect on the living standards of the proletariat His wife was his chief antagonist The issue centred on a definition of rain They fought like cat and dog A few drops were falling outside and the argument came down to whether or not it constituted actual precipitation She agreed that the Chairman should go outside and decide He came back grabbed the microphone and sang "Rudolph the Red knows rain dear."

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Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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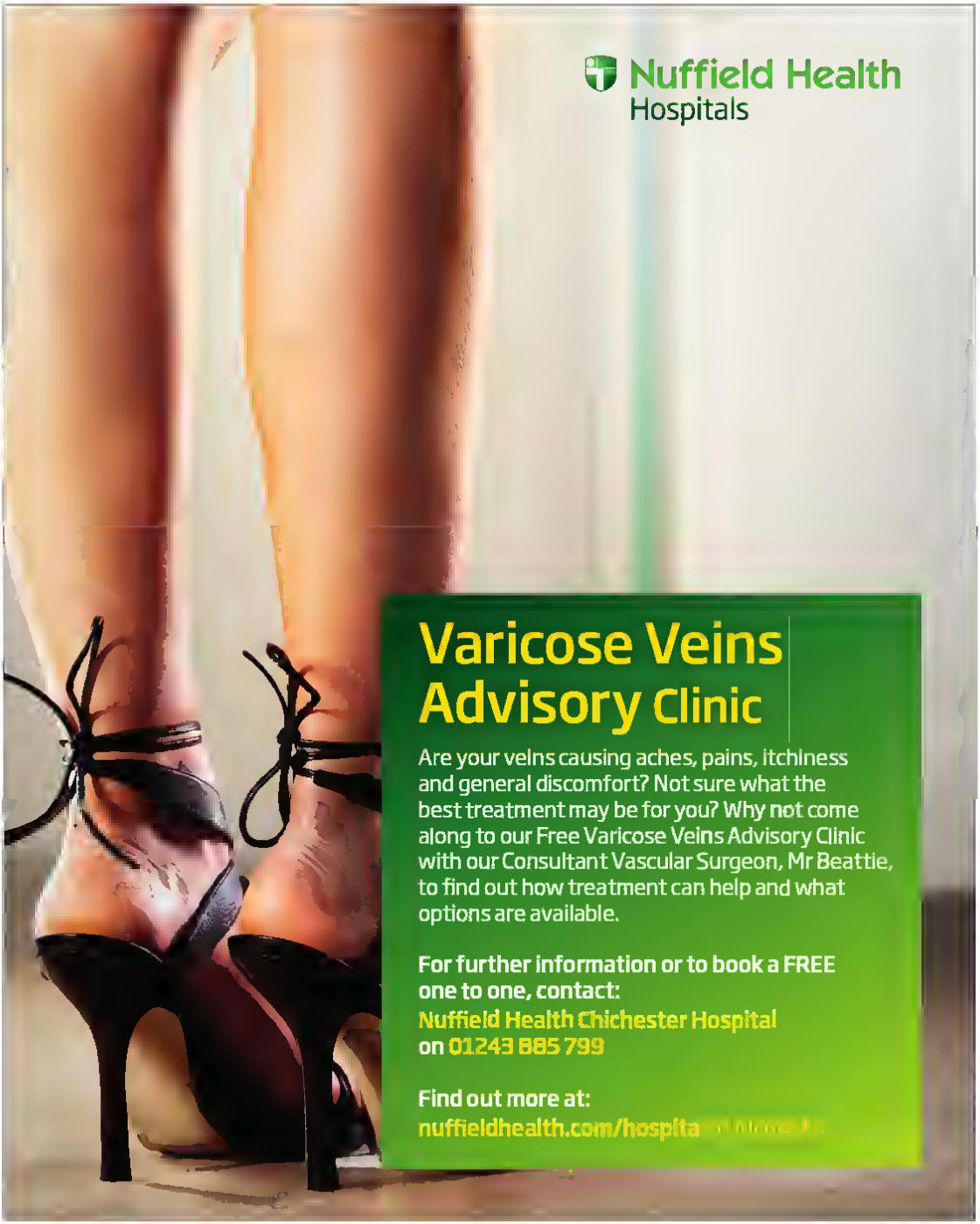
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Chichester Tree Surgeon Suing National Trust

A TREE SURGEON from Chichester, paralysed after falling 50 feet from an ancient horse chestnut he was trying to take down, has brought a damages claim against the National Trust.

James Yates was injured while working on Trust land at Morden Hall Park in south west London in December 2009.

His counsel, Christopher Wilson-Smith QC, told Mr Justice Nicol at the High Court that Mr Yates, 26, of Carleton Road, Chichester had no memory of the "catastrophic" accident which has left him in a wheelchair.

He was using a chainsaw on the decayed and infected 80 feet high tree which was nearing the end of its life and it was probable that a branch he was using as an anchor point for his safety rope snapped.

Mr Wilson-Smith said that Mr Yates, who was self-employed and working for an independent contractor, had never dismantled a tree of such height before and did not have the certificate that would have qualified him to carry out sectional felling.

The issue for the court, over a five day contested hearing on liability, is whether it was reasonable for the Trust to instruct the contractors, none of whom had the appropriate certification.

"It is our case that these are important qualifications and were regarded as the industry standard."

National Trust denies negligence or breach of duty.

Chichester woman pleads guilty to benefit fraud

A CHICHESTER woman has received a suspended four week prison sentence for falsely claiming over £7,000 in benefits.

Sarah Bayley of Stephens Close in Chichester, claimed housing and council tax benefit from Chichester District Council on the basis that she was a self-employed child minder.

An investigation established that in fact she was employed by NHS Sussex Partnership, which she did not declare to the council. As a result of failing to declare the employment Miss Bayley was overpaid £5,704.65 housing benefit and £1,593.88 council tax benefit.

Miss Bayley appeared at Worthing Magistrates Court on Tuesday 10 December and pleaded guilty to two charges of dishonestly failing to notify Chichester District Council of a change in her circumstances.

She was sentenced to four weeks imprisonment for each charge (to run concurrently) and ordered to pay a victim surcharge of £80.

Chichester District Council will seek to recover all the overpaid benefit.

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says "Benefit fraud is a very serious crime and we will continue to prosecute those people guilty of it. If you are in receipt of benefit payments and your circumstances change then please let us know as soon as possible."

If you suspect anyone of committing benefit fraud you can contact the council's investigation team on a confidential 24 hour fraud hotline number on 01243 534590, or you can report it online.

Police seek information about Chichester antiques shop burglary

CHICHESTER police are appealing for information about a burglary that occurred in the early hours of Thursday, 28 November at Squirrel Antiques in The Hornet, Chichester, in which a quantity of silverware was stolen.

This included a pair of silver sugar serving tongs, a small filigree boat ornament, small silver trays, small silver fruit knives; antique silver photo frames; a set of silver salts in the shape of cockle shells, silver spoons including a caddy spoon with a cockle-shell design, a silver rimmed perfume bottle, an ornamental silver pair of scissors, and multiple silver topped glass pots.

PC Amanda Gamlin, of Chichester police, is keen to hear from anyone with information about the burglary.

She said: "In particular, police would like to hear from anyone who has had items of the type described offered to them for sale in the Chichester or Portsmouth area since 28 November.

A 35-year-old man from Chichester has been arrested in connection with the burglary and has been bailed until January 5 while enquiries continue.

Anyone able to help with information should phone Sussex Police on 101, quoting serial 0170 of 28/11 or email: 101@sussex.pnn.police.uk. Alternatively they can contact the independent charity Crimestoppers free and anonymously on 0800 555 111.

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Lives celebrated at St Wilfrid's Hospice's Light up a Life service

ST WILFRID'S HOSPICE held its 12th Light up a Life service at Chichester Cathedral on Sunday, 8th December.

This moving service is an occasion for people across the community to come together and remember, celebrate and honour the lives of their loved ones at Christmas time and to also pay tribute to the dedication of the Hospice teams who support so many families in the area.

The service included carols, and a series of readings given by Hospice staff including Psychosocial Team Manager, Susie Norton, Clinical Nurse Specialist, Lorraine Emery, Head of Fundraising, Avril Robinson and St Wilfrid's Hospice Chaplain, Reverend Julie Price.

During the service the lights of the Cathedral's Christmas tree were switched on by Frankie Blackmore and her grandson Oliver, whose family have been supported by the Hospice.

Everyone attending the service was given the opportunity to write personal dedications to loved ones on special memory cards and leave them in a basket which was placed under the Christmas tree. People were then invited to light a candle in memory of a loved one, to the beautiful sounds of the Chantry Quire.

St Wilfrid's Hospice's Chief Executive, Alison Moorey said: "Light up a Life is a reflective, yet uplifting occasion, and is always very popular with people across the community and it is wonderful to see so many people attending each year.

"Our thanks go to the Very Reverend Nicholas Frayling for leading his last Light up a Life service before he retires and for his wonderful support of the Hospice over the years.

"On behalf of all our staff and volunteers, I would like to wish everyone connected to St Wilfrid's – past and present – a very happy and peaceful Christmas."

St Wilfrid's is also inviting people to the Hospice to pay a personal tribute to a loved one by hanging a decoration on its Christmas tree throughout December from 9am-5pm, Monday to Friday.

Decorations are available from the main reception. For more information call 01243 755837.

Selsey man is latest to ignore warnings

A SELSEY MAN is the latest to be charged with drink driving in Sussex.

More than 1,600 people have been breathalysed across Sussex since December 1, of whom 33 have been arrested after recording alcohol readings above the legal limit of 35 microgrammes of drink per 100 millilitres of breath or refusing to give a sample.

A further eight people have been arrested on suspicion of driving while under the influence of drugs and six have been arrested for driving while unfit through drink.

Of the 47people arrested, 28 have been charged with drink or drunk-related driving arrests.

The latest to be charged include Valerijs Korolovs, 34, who was arrested in Orchard Parade, Selsey, at 11.15pm on Sunday after a car hit another vehicle in Manor Road, Selsey, but then drove off.

Korolovs, of Orchard Parade, was charged with drink driving, driving without a licence and failing to stop after an accident. He was released on bail to appear at Worthing Magistrates' Court on 28 January.

Chief Inspector Natalie Moloney said: "It is very disappointing that so many people appear to have ignored our messages and decided to get behind the wheel after drinking or taking drugs.

"We will continue to target those who selfishly decide to drive and put themselves and other road users in danger.

You can text officers on 65999 with the details of people you suspect of drink or drug driving, along with their car make and registration number.

To report anyone driving antisocially visit www.operationcrackdown.co.uk.

If you know someone is driving after drinking call 999.

Changes to bin collections over Christmas

THIS YEAR there will be some changes to the waste and recycling collection days over the Christmas and New Year period.

Please refer to the new calendar in the winter issue of the council's initiatives magazine. If you have not received your copy or you'd like another calendar please see www.chichester.gov.uk/index.cfm?articleid=5735 or call 01243 524619.

Normal Collection Day	Pre-Christmas week	Christmas week	Post New Year week
Monday	Mon 16 Dec	Sat 21 Dec	Mon 30 Dec
Tuesday	Tue 17 Dec	Mon 23 Dec	Tues 31 Dec
Wednesday	Wed 18 Dec	Tues 24 Dec	Thurs 2 Jan
Thursday	Thurs 19 Dec	Fri 27 Dec	Fri 3 Jan
Friday	Fri 20 Dec	Sat 28 Dec	Sat 4 Jan

Collection dates will not change in the week leading up to Christmas (starting Monday 16 December). However, for some collections, bins will need to be put out either a few days earlier or later during the Christmas period. Please see table.

Collection days will return to normal from Monday 6 January.

There will also be some slight changes to clinical waste collections. All affected residents will be notified in writing.

The green bin composting service will stop over the Christmas and New Year period from Saturday 21 December. It will resume again on Monday 6 January 2014. Please consult your green waste calendar for further information.

Remember – Christmas cards, envelopes, and wrapping paper can all go into your burgundy wheeled bin for recycling. At the moment, plastic/foil paper cannot be recycled in the district.

Real Christmas trees, free from all tinsel and decorations, can be recycled. If you have subscribed to the green bin composting service, you can place it next to the green bin on the first collection day following the New Year.

Real trees can be taken to the Household Waste and Recycling Sites at Westhampnett and Midhurst to be composted.

For more information, please go to www.chichester.gov.uk/christmas

Music through the Decades Tribute Night

11|1|14

In support of

Mind, Alzheimer's Society
Judith Adams Centre Chichester
The Chestnuts Centre Bognor Regis

PATSY CLINE ✸ FRANK SINATRA ✸ CONNIE FRANCIS

Saturday 11th January 2014
7:30pm till Midnight

Venue
Riverside Caravan Park,
Shripney Road, Bognor Regis
Tel: 01243 865823

Admission by Ticket
available from
Judith Adams Centre,
The Chestnuts Centre
and Riverside Caravan Park
Tel: 01243 536433

TICKET £10

Dates confirmed for 'Addicted to Winning'

THE THEME for the 2014 Goodwood Festival of Speed, now confirmed to be held from June 26-29, as per the provisional dates announced in October, is 'Addicted to Winning – The Unbeatable Champions of Motor Sport'. This 2014 theme will celebrate the legendary drivers and riders, teams and manufacturers, who have swept all before them in their sport.

The history of motor sport is illuminated by great champions who transcended mere victory to become utterly dominant. From Bentley's five Le Mans wins in the 1920s, the crushing supremacy of the Silver Arrows in the 1930s and Juan Manuel Fangio's five Formula 1 world titles in the 1950s to the superiority of Jim Clark and Lotus in the 1960s, Porsche's 16 Le Mans wins between 1970 and 1998, and Sebastien Loeb's nine straight World Rally Championships this Century, all have rewritten the standards of their day.

The same is true on two wheels, where John Surtees, Mike Hailwood, Giacomo Agostini, Kenny Roberts and Valentino Rossi have all enjoyed periods of unassailable brilliance, as have Norton, MV Agusta, Honda and Yamaha. All will be honoured as the 2014 Festival pays tribute to many of the sport's greatest champions.

Alongside the overall theme, the 2014 Festival will also celebrate the centenary of one of the most glorious of all sports car marques – Maserati. Many of the Modena manufacturer's most iconic racing cars will be gathered together on the hill, while a selection of fabulous Maserati road cars will have a dedicated class in the Cartier 'Style et Luxe' concours d'elegance.

Other significant anniversaries will include 100 years since the fabled 1914 French Grand Prix, in which the Mercedes team overcame strong opposition to score a commanding 1-2-3 victory. Mercedes-Benz's victorious stints in grand prix racing in 1934 and 1954 will also be celebrated, as will 60 years of the Jaguar D-type, the 50th anniversary of the Mini's first Monte Carlo Rally victory, and the 40th anniversary of McLaren's first F1 crown.

The 2014 Festival of Speed will feature a glittering array of cars and motorcycles from a huge variety of disciplines, further enhancing its reputation as the world's greatest celebration of motor racing history and culture.

Tackling the famous Goodwood hillclimb will be everything from early grand prix and endurance machines, to off-road and contemporary cars and motorcycles. Aside from getting close to the action-packed hillclimb and paddocks, Festival-goers will be able to see many of motor sport's famous faces up close, and witness the exciting sideways action on the Forest Rally Stage.

They will also be able to swoon at the mouth-watering display of supercars, and become a part of the action at the off-road activity fields and family areas. The hugely popular GAS (Goodwood Action Sports) returns for 2014 as well, bigger and better than ever, and for those seeking something a little calmer, the annual Cartier 'Style et Luxe' concours d'elegance promises an opportunity to admire a stunning collection of vehicles. They can also see, and potentially try, the latest road cars at the Moving Motor Show exhibition on Thursday June 26, 2014.

The highly-popular Goodwood Revival is now confirmed for its traditional mid-September slot (September 12-14, 2014, in line with the dates announced in October), with tickets for next year's event already selling fast.

Goodwood Festival of Speed and Revival founder Lord March says: "I am really looking forward to having so many great cars and drivers here at the Festival of Speed next summer to celebrate our 2014 'Addicted to Winning' theme. For me it is always magical to see so many of the world's greatest drivers, riders and machines in action up my 1.16-mile drive, and then have the Goodwood Revival to look forward to just a few weeks later."

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Go Wild with Ed

Birds

While we have had a few days of sharp weather, it is still fairly mild which makes life easier for our resident garden birds. But it does generally mean that the over-wintering birds can be later arriving. With the exception of Avocet, with a reported 55 birds present at Nutbourne at the end of November, it does seem as if, so far this year, we are a bit light on waders. But we have had good numbers and variety of duck species including Gadwall, Pintail and Wigeon.

Mammals

Water voles are much less active in the winter months. They do not hibernate but spend more time in their burrows feeding on grasses and other vegetation that they stored up during the Autumn. Look for the small 'lawns' of close cropped grass they create by the burrow entrance.

Invertebrates, reptiles and amphibians

Earthworms are busy pulling down leaves from the surface of woodlands and grassland. So don't be too quick raking up those leaves, the worms are doing a great job using them to enrich your lawn. While we are thinking about jobs in the garden this winter, it is now best to leave compost heaps and piles of garden rubbish until the spring in case they are harbouring hibernating reptiles, toads or hedgehogs.

Plants

Leaf fall is only just happening in earnest with lots of our car parks and rural lanes carpeted with a layer of yellow, red and orange leaves. The berry bearing trees are providing some bright colours and of course great food for hungry birds. This helps the trees and shrubs to spread their seeds which are found inside the tasty berry treat.

The white berries and the ball-like growths of mistletoe are now looking their best. They are more visible now the majority of leaves are off the trees. Mistletoe is a parasitic plant and is most often found on cultivated apple, but Poplar and Hawthorn are also common hosts. It is spread by birds, including Mistle Thrush but especially Blackcap, eating the seeds and spreading them either in their droppings or in the case of Blackcap by separating the seed and wiping it off on to a tree branch.

Photo Avocet, recently pictured at Nutbourne by T Carpenter

COVERS

chichester's best kept secret

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Record breaking year for Santa Sprint and Stroll!

MORE THAN 450 santas took to the Weald and Downland Museum for St Wilfrid s Hospice s third Santa Sprint and Stroll on Sunday, 8th December

More people than ever before took part in the event, helping raise sponsorship and awareness of St Wilfrid s Hospice which provides specialist palliative and end of life care to people on its Inpatient Unit, in people s own homes and in care homes across the community

Our santas took part in an energetic festive warm-up led by Natalie Owen and instructors from Fitjoy The sprinters started at 10.45am, with the Real Father Christmas and his family ringing the bell to get the 5K run under way while the stroll started at noon, with lots of very eager little santas lining up at the front ready to run

Conditions for both sprinters and strollers were perfect, with the sunshine coming out during the afternoon as santas enjoyed picnics and snacks down by the pond

Participants were able to enjoy hot fruit punch and mince pies while youngsters met the Real Father Christmas in the grotto, and also enjoyed decorating biscuits in the learning room

Chief Executive, Alison Moorey who took part in the stroll with her family said: 'It was a wonderful day, and great to see so many santas all running or walking for St Wilfrid's There were some wonderful outfits and one team was even carrying an impressive, decorated wooden horse as they walked the route

'There was a fantastic atmosphere during the day and it was great to watch the warm up and see so many dancing santas. Huge thanks must go to everyone involved in the event, we really appreciate all your support

"Also, apologies that we ran out of Santa suits and medals, we had many more people taking part this year – if there is anyone who didn't get a finishing medal, please let our Fundraising team know and we will get one out to you as soon as we can.'

A reminder to all our santas that the cut-off date for returning sponsorship money is Monday, 3rd February – we can then let everyone know the total amount raised!

mind | Coastal West Sussex Friends in Mind

Events for people with an early stage dementia

A planned programme of different and stimulating regular events, recognising the needs of those people living with an early/moderate stage dementia who feel their social life may be slipping away Carers also welcome

Look out for our new monthly events starting January 2014.

Help us shape the programme, let us know what you would like.

For further details phone Rayner on 07507 164859, or email ourcafe@coastalwestsussexmind.org

An initiative of the Chichester and Bognor Dementia Care Forum Supported by the Healthier Chichester Partnership Coastal West Sussex Mind Carers Support West Sussex, Alzheimer's Society and the people of Chichester

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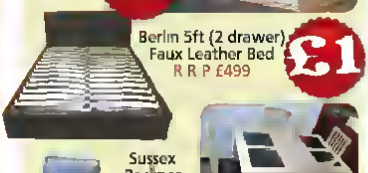

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It's around 10 per cent chance of a white Christmas and 100 per cent of lipstick on your teeth

Allis Moss

On the Case

HAVE YOU ever sauntered out with your skirt tucked into the back of your knickers or lipstick on your teeth? Gazed across a romantic dinner table knowing you looked fantastic only to discover you had spinach stuck like a limpet to a front molar? That's the last time you choose Cod Mornay. A wardrobe malfunction engulfed a man I know this week. When 58-year old Daniel headed into town in a smart winter coat and bobble hat he had no idea he was carrying extra baggage. Somehow, his toothbrush had become snagged on the woolly hat and was dangling off the back of it like a bauble on a Christmas tree. The faux pas only came to light when a woman he fancied asked him if he knew his toothbrush was attached to his head.

New nose

Stranger things have happened. A patient in China, requiring a new nose after a traffic accident, had one grown for him in the skin of his own forehead. The perfectly compatible replacement was shaped with a skin tissue expander embedded around cartilage from the 22-year old's rib. When I hear this sort of thing I can't help but think of Adam's spare rib, Eve, in a story written down, most scholars agree, around 3,500 years ago. If you accept Genesis or creationism, there's no issue. If you don't, how did they think of something reminiscent of sophisticated modern medicine when they were still lighting fires by rubbing sticks and stones and firing tinder?

Tee-Hee!

"Girls like it bigger!" Screams the caption. What can they be talking about? Not another spam ducking under the firewall but a girly double-entendre for a hair product in an advert for Boots. "Grow Gorgeous is a new hair serum with multiple active technologies." Don't you just love the pseudo-science? It's a hair serum that will also cure world hunger.

Even the word product is over the top. We've all been subjected to the too-hard sell. There you are, performing a backwards triple salchow over the salon washbasin. Now you're being asked what product you're using, so you can be worked on while you're vulnerable. Only worse is answering the same question about how you're brushing from your dentist with his fist in your face.

Door to-door

Have you ever tried to hand back an unwanted advertising flyer that just happened to plop on your doormat while you were standing there? To save it going straight in the bin you opened the door and asked them to have it back again. I have enough leaflets on special offer curry and pizza home deliveries to plagiarize cooky artist Christo who wraps up buildings in fabric and paper like giant presents. But whenever I've politely returned sales leaflets I've been given black looks. I know there are hundreds to get rid of. But you've got to be able to return what you didn't ask for in your own home without feeling under pressure.

More annoying are the charity collection bags shoved half way through a letter box, left wedged open so all the heat drains out turning your home glacial. Must ask Santa for a brush draft excluder this Christmas. And if you have a real fireplace, a chimney balloon is a good way of containing the heat. It can save you hundreds. You just have to remember not to light a fire or the balloon will go up.

Brass monkey

The coldest place on earth has just had its temperature taken. A satellite in space took the reading in the Antarctic as an inclement minus 93.2 Celsius or -135.8 Fahrenheit. Ted Sambas from the US National Snow and Ice Data Center in Boulder, Colorado, said the way to get our heads round how cold this is would be to "think that it's almost as cold below freezing as boiling is above freezing."

And finally

Betting on a white Christmas must be one of the few events immune to the scandal of spot-fixing. The Met Office says only a single snowflake has to fall in a given place. According to the latest stats we have a 1/4 per cent chance of snow on the big day in the south, slightly higher in the north, with odds offered at the bookies of around 10/1 for the south-east. Unless of course, there's a meteorologist out there willing to throw a forecast. All is forgiven, Michael Fish. Come back in from the cold.

Contact Allis. allis.moss@chichesterherald.co.uk

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Freedom Leisure co-founder wins award for 'outstanding contribution' to Sussex sport

JEFF HART, recently retired Managing Director and co-founder of Sussex based not-for-profit leisure trust Freedom Leisure, won the Sport England Outstanding Contribution to Sport Award at the 11th annual Sussex Sports Awards on Friday November 29, 2013. Freedom Leisure operates 27 leisure centres in Sussex – including Six Villages Sports Centre near Chichester.

Jeff retired earlier this year after working for 35 years in the fitness and leisure industry. Jeff brought a wealth of experience and ideas to Sussex where he was born and educated. In 1989 he managed Uckfield Leisure Centre for Wealden District Council before progressing to Head of Leisure at Wealden District Council and acting as a key driver and core member of the Sussex Leisure Officers Group. In 2002, Jeff was instrumental in externalising Wealden leisure services into Freedom Leisure and so dawned an amazing decade of community sports provision in the county. Under his stewardship, Freedom Leisure has grown from four to 27 leisure centres in Sussex. Now a £40m operation, Freedom Leisure employs 2,500 people locally.

Jeff was committed to everyone in the community and his legacy remains at Freedom Leisure which has provision for all ages from kids to teens to pensioners. Initiatives Jeff began include the teen member programme in 2004, Premier 60 membership for the over 60s in 2005 and the award winning Friday Night Project for teens that ran with Sussex Police 2009.

"I feel very honoured to be given this Award for my contribution to Sussex sport during my career," says Jeff Hart. "Sport in the county has gone from strength to strength and the growth of Freedom Leisure shows how important and valuable leisure facilities are to local communities," he says. "I would like to thank Active Sussex for choosing me but I must point out my achievements have only been made possible by a great many talented colleagues and peers who have supported me through the years."

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Witch-tastic performance by Youth Theatre

By Dean Adams

AWARD-WINNING Chichester Festival Youth Theatre has produced and delivered yet again

The Minerva Theatre stage was the scene which welcomed one of Roald Dahl's most interesting stories, superbly adapted for play by David Wood and brilliantly directed by Dale Rooks

In such a cosy theatre, the scene set-up and use of space is remarkable and performed with such enthusiasm by a talented cast

In what is the final production of 2013 by Chichester Festival Theatre, the performances of The Witches are carried out by two casts – the Blue Team and the Red Team. Both teams have earned rave reviews in the press but my personal viewing was of the Blue Team – and what a team they were.

Here's how the story goes –

It is only when the young boy (Riordan Kelly) goes to live with his fabulous Norwegian Grandmama (Daisy Mouatt) that he discovers the real truth about real witches. They don't ride around on broomsticks, they don t even wear black cloaks and hats. They are vile, cunning, detestable creatures who disguise themselves as nice ordinary ladies

But the Grand High Witch (Molly Peel) has a terrifying plan to rid England of its children, and it's up to a wise and wonderful Grandmama to prepare her darling Boy to face the most gruesome gathering of witches ever assembled

This is the story of courage in the face of a fiendish threat

The Witches themselves are very easy on the eye but also send a slight element of fear into you the more you take the play on. Molly Peel (The Grand High Witch) delivers a real masterful performance whilst Riordan Kelly (Boy) delivers a talented display of enthusiasm and confidence which makes you fall in love with his character.

Instead of animal costumes, clever puppetry is used for the transformations – a device which has become more acceptable since the success of War Horse. Riordan (as boy) proves to be most adept at bringing his puppet mouse to life during the second half of the performance

Riordan Kelly (being lifted) delivers a talented performance

Manic and musical comic capers come thick and fast from Jed Saunders and Jack Elliott as the two chefs with a jaw achingly funny script of kitchen comedy

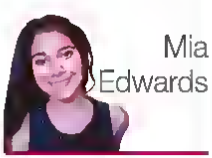
Director Dale Rooks can be highly delighted with the production as the casts do Chichester Festival Theatre proud

The Witches will be performed at the Festival Theatre until 4 January, times of performances vary. Tickets £17, £20

Various discounts and concessions available, except for performances 24 – 28 December.

Tickets can be booked online at cft.org.uk or through the Box on 01243 781312.

Boredom Blues



Mia Edwards

THROUGHOUT time, teenagers have always been told that they're moody and selfish. We do gossip and bitch and shout and strop quite a lot, this is true. But what everyone seems to forget is that the main reason we all do it is actually way less complex than hormones and growth spurts: we're all just majorly bored.

Recently, everything has been exceptionally boring. I hate the same people as normal, I love the same people as normal, I am annoyed by the same people as normal and I annoy the same people as normal. I don t know whether it's the winter blues or just the fact that I've been at the same school for almost 5 years, but lately I've just been feeling so, so, especially, NOT excited.

If you think about it, it makes sense that teenagers are the ones to feel like this. When you re in primary school, things are still slightly new to you. Then you re introduced to the amazing books and films which tell you about how your teenage life will go. You can be entertained throughout these otherwise ugly years because you are constantly learning, and getting excited about the life that is ahead of you. Well, (chick flicks I'm talking to you) everything is a lie. You realise this as you hit teenagerhood. And you re not old enough to pursue your real dreams, or travel and stuff – you just have to sit there and mull over the fact that NOTHING IS HAPPENING over some yuck revision and maybe a film about somebody who is your age but seems to be having a lot more fun than you.

Every time I think to myself about how bored I am it makes me feel more bored, because I have thought it so many times. And the worst part is, a teeny section of me keeps going 'well things always happen when you don't think they will. Something crazy awesome will happen, just wait.'

You could have the sweetest life but still be bored, tons of amazing things have happened to me in my life, and at the time they felt cray exciting, but it's the fact that I've experienced all these things that I know what I'm now missing. Even if you try your hardest to push for something great to happen, sometimes it just isn t the time. I know, though, that we all have ups and downs of adrenaline, so for now I'll just get reading about other people 'pardying' until my time comes.

CAT AND RABBIT RESCUE CENTRE

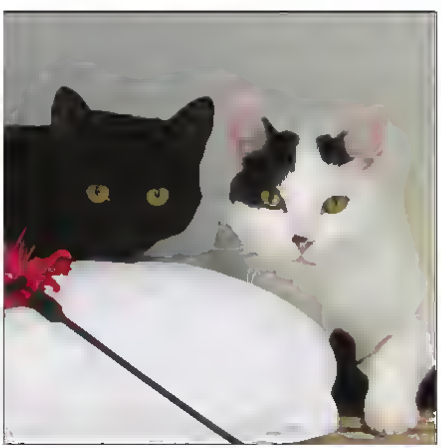
Wonderful pairs of young cats

Km12-13 and Kf13-13 were born at the centre on the 7th March 2013 and are now 9 months old. Kf13 is a beautiful all black female and Km12 is a handsome white and black male. They have spent the first 9 months of their lives with us, that's longer than any of the other cats. They are now so desperate to find a new home and a new environment to explore. These two can be a little bit shy, but once you spend time with them they will easily relax and enjoy lots of handling. As the last two of their litter these two get on really well and we would love to find them a home together.

We have lots of pairs of older kittens waiting patiently for homes at the moment including:

- Km89-13, a white and black male and Kf90-13 a white and tabby female, 9 months old, can be a little shy but are a really sweet pair
- Km89-13 & Km91 13, 6 month old black brothers, really friendly and playful
- Km264-13 & Km265-13, 6 month old brothers, one is tabby and the other black, lovely friendly pair of young cats

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.



Homing by appointment 7 days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester PO20 7RJ www.crrc.co.uk. Tel: 01243 641409

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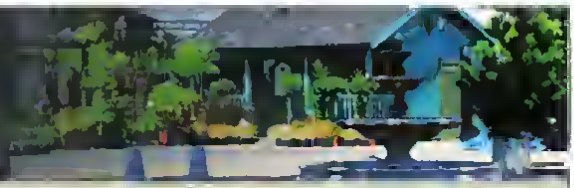

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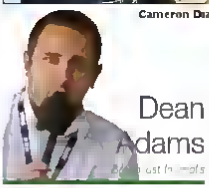
Dinner parties, songs and The Witches

Cameron Diaz would be welcome to my dinner party!



IT'S QUITE often a question about dinner parties, raised at dinner parties. And it's one question that really makes you think.

"Which five guests in the public spotlight would you have at your dinner party?" They can be dead or alive (but I don't mean they would be dead at your dinner party!)

It's a popular topic and a good one at that.

After much thinking whilst eating half a tub of Cadbury's Heroes I have chosen –

1) David Jason – I am a massive fan of Only Fools and Horses so to sit down with the legend himself and to ask so many questions and hear his stories would be truly amazing.

2) Harry Redknapp – I am also a big Portsmouth football fan and Harry was our former manager during our better times. He'd have a lifetime of football stories to tell from behind the scenes which would be brilliant.

3) Michael Palin – I love geography and comedy – so he'd be the perfect person!

4) Morecambe & Wise – These come as a pair and the comedy duo would be ever so funny.

5) Cameron Diaz – An insight to the world of Hollywood glamour with a story or two.

In a recent poll, the top 5 were in order: Stephen Fry, Samuel L Jackson, Vic Reeves, Michael Palin and Billy Connolly.

Who's on your list?

Let us know what you think @Chiherald

Christmas songs

TALKING of favourite lists, you can't scroll through the Sky listings these days without stumbling across the Christmas song countdowns to the nation's favourites.

I do love Christmas and there are plenty of brilliant classics. But for my top three I'd go for:

1) Wizzard – I Wish It Could Be Christmas Every Day (1973)

2) Pogues featuring Kirsty MacColl – Fairytale of New York (1987)

3) Band Aid – Do They Know It's Christmas? (1984)

The top three voted by the public on a website poll is as follows

1) Band Aid – Do They Know It's Christmas? (1984)

2) Boney M – Mary's Boy Child (1978)

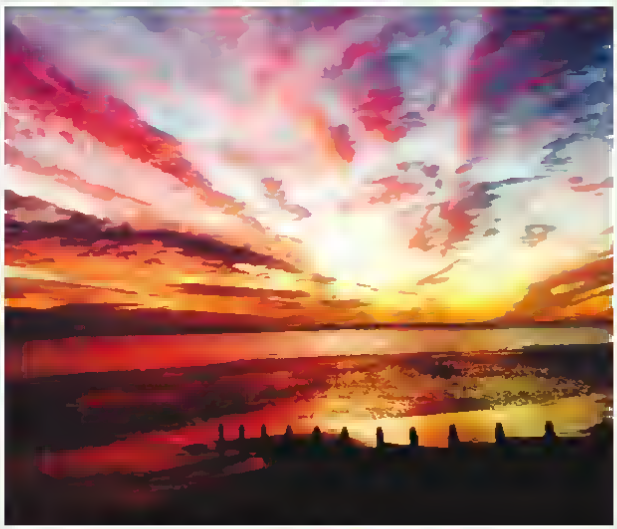
3) Wham! – Last Christmas (1984)

The Witches at CFT

I WENT ALONG to the press day at Chichester Festival Theatre this week to see the Witches. What a wonderful production this is by the Youth Theatre and its director, Dale Rooks. One of Roald Dahl's crazy stories brilliantly adapted for stage by David Wood and performed by such a talented cast. There's two teams performing the production and I hear both are getting good reviews but on a personal level I saw the Blue Team in performance and it was, although serious and sad at times – also jaw-achingly funny!

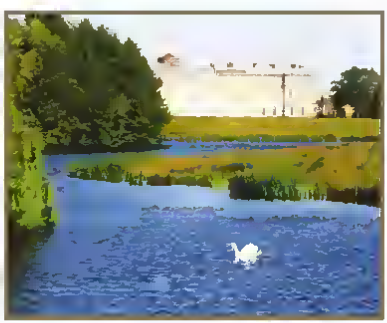
Photo of the week

#Chichesterphoto



Samphire East Wittering @SamphireEastWit 7th December
Photo of the week? @chiherald

Win a meal for 2 at Murrays



Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people [illegible]

The Chichester Herald Photo of the Week competition sponsored by Murrays every week where [illegible]

For your chance to win this week's competition please answer the following question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this weeks competition email your answer name address and contact number to **news@theshiphotel.net**

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 18 December 2013 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was: Hubaker Windmill

Huskies are a hit at Aldingbourne!

FAMILIES were treated to a magical sight at the Aldingbourne Country Centre when Santa made a grand entrance from the woodland walk, proudly sat upon a quad bike and was pulled along by eight huskies to meet the crowds of excited children. Hugh Finnegan who owns the huskies proudly led Santa from his Grotto to the main arena where families could then see Santa and get up close.

There were thousands of people who attended the event, all of who got into the festive spirit. Children were treated to a ride in a teacup or a roll in a Zorb. Many wandered around the Open Farm and saw Samson the Turkey and also had an opportunity to name the new baby alpaca. The lucky winner, Daniel Ambler chose "Charlie" as the new name for the alpaca. Daniel gets to adopt Charlie for a year as his prize. There were lots of festive gifts and food to buy in the Christmas market and Face Paint 4 U were a great hit with the kids. Regular supporters of the Trust, Owls 4 U displayed a selection of real life owls, which were a huge attraction and many people enjoyed getting up close to natures beauty and having their photos taken with them.

Southway Primary School choir melted hearts as they sang carols and entertained the crowds with their harmonious voices. Lots of children were excited and wrote a letter to Santa and posted it in the Elf Mail Box. Santa has promised to reply to every child who has written to him.

Many children had pre-booked to meet Santa and his chief elf in his grotto. With a little bit of fairy dust the woodland grass roof bothy was transformed into a magical grotto where lots of excited children got to meet the man himself, tell him they had been good all year and let him know their wish list for Christmas. Santa spent valuable time talking to each child and gave them each a special gift and told them to look out for him on Christmas Eve!

The Aldingbourne Trust is an award winning charity and funds raised at this event, totalling £5,400 which will go towards supporting adults with learning disabilities in West Sussex to live independent lives and gain employment.

Chichester Herald Merry Christmas

Children at West Sussex learning Santa and his elf, James Phillips, Tracey Van Nederik, Sharon Moody and Marie Moody

*Savings figure based on heavy cigarette smoker and average Vapawell use

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Post office extends hours for letters and parcels

WITH CHRISTMAS DAY less than one month away, the Post Office has announced that Chichester Post Office branch will be offering longer opening hours in the run up to the festive season.

From Monday 2 December, the branch at 10 West Street will be open from 08.30 – 18.00 Monday to Friday and 09.00 – 16.00 on Saturdays, a total of 6 extra hours per week.

Stewart Fox Mills, Post Office Head of Marketing said: "Christmas is an extremely busy time for many people and we want to make it as easy as possible for our customers by offering longer opening hours at Chichester branch.

"Chichester Post Office is one of many branches across the UK that are now open for longer in the weeks leading up to Christmas. Visit www.postoffice.co.uk/christmas to find out more about the opening hours of other branches in the area, and all of the other things Post Office is doing to make Christmas that little bit easier for Christmas."

The Post Office is currently undertaking a multi million pound investment programme across its branch network. With around 11,400 branches already modernised and offering over 35,000 extra hours of service per week the Christmas, including Saturday and Sunday opening times.

The Post Office's online offering has also been improved this Christmas. Helpful information from how to find your nearest branch to details of special promotions can be found at postoffice.co.uk/Christmas – along with a whole lot more.

One of the new features on the Post Office's online Christmas hub is a new service to help customers remember last posting dates for UK and Worldwide mails online and through a simple and free reminder service. Select the destinations you'd like a reminder for and the Post Office will send you an email and text message to help you get cards and gifts despatched in plenty of time, avoiding a last minute rush.

The Post Office, now independent of Royal Mail, is the largest retail network in the UK, with over 11,500 branches. It is one of the fastest growing financial services companies with over three million customers and the market leader for travel money.

Visit www.postoffice.co.uk to find out more about the wide range of products and services available from the Post Office.

The Coca Cola truck is coming...

THE COCA COLA TRUCK is coming to Chichester on Friday 20th December.

With Chichester's eclectic mix of shops, appealing to such a wide variety of people, it makes sense for Coca Cola to put Chichester on their Christmas schedule for the famous truck to come and visit us for a day.

The Chichester Business Improvement District is thrilled that all their hard work has paid off and Coca Cola has agreed that Chichester is deserving of its Christmas magic!

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Midhurst has Christmas all wrapped up!

THE MARKET TOWN of Midhurst has launched its own exclusive wrapping paper just in time for Christmas! This festive take on the town's striking stag emblem is a combined initiative from the Midhurst Town Team, Melanie Burgoyne (Rural Towns Co-ordinator for Chichester District Council) and MidhurstFirst, the group behind the Midhurst Reward Card.

The wrapping paper will be available for sale in many of the shops and businesses around town. It's still hot off the press but it's already getting an incredibly positive response from Midhurst shoppers.

Carolyn Bishop, of Black Sheep, said: "The wrapping paper's not even been officially launched yet a customer who saw the paper thought it was such a lovely idea that Midhurst has come up yet again with something original for the town."

Geoff Allnutt, Chairman of the Midhurst Town Team said: "This is a really exciting development for Midhurst, we have an incredibly high percentage of independent businesses and we spend a lot of time encouraging people to shop locally. Using this paper and wrapping your locally bought presents in it is a really visible sign of that commitment – showing that we're all contributing to our local economy. It's certainly going to be a big feature under the tree in our house."

As an added bonus, the Young Enterprise Group from Midhurst Rother College is running a free wrapping service for any gifts bought in Midhurst. They will be open in the Queen's Room in The Spread Eagle on Saturdays 7th and 14th December in the run up to Christmas. Shoppers just have to take their gifts and receipts showing they were purchased in town and the wrapping will be done for them!

Melanie Burgoyne, Rural Towns Co-ordinator at Chichester District Council, says: "The Midhurst shops wanted to have something special to offer their customers particularly because so many residents are really proud of their town. Midhurst is one of the many hidden gems in the district, and we hope this idea will give residents and visitors an extra reason to discover the shopping delights to be found here."

Partygoers urged to 'look before you book'

IF YOU'RE PLANNING to eat out over the festive season, why not 'look before you book' and choose where to eat based on what is going on in the kitchen not just what's on the menu?

Each of Chichester District's food outlets, such as restaurants, takeaways and pubs, has a food hygiene rating. These range from zero (the worst) to five (the best).

The Food Hygiene Rating Scheme is a national initiative has been developed by the Food Standards Agency (FSA) in partnership with local authorities.

In the Chichester District nearly 1,300 businesses have been assessed and given a rating, which they are encouraged to display.

To find out the rating of the place you wish to eat:

- check all food hygiene ratings whether displayed or not on the premises online at www.food.gov.uk/ratings, or,
- download a free phone app. You can also look out for the distinctive green and black food hygiene rating stickers that some of the 1,300 businesses in the Chichester District will have displayed in their windows.

The aim of the Food Hygiene Rating Scheme is to reduce the one million cases of food poisoning suffered by people in the UK each year.

The information is being released as part of the council's 'Countdown to Christmas' campaign. Its aim is to help residents prepare for the festive season – from events and activities, to important information. This can be found at www.chichester.gov.uk/christmas.

WESTRINGS
wish you a very Merry Christmas and a Happy New Year
Thank you for all your support during 2013
Excursions in the New Year
9th January Mystery Cruise, Portsmouth & the Mayflower
9th/16th January Southampton Shopping
14th January Potato Crisping production, ITTICE, Mayflower
24th January Creative Craft Show, Baldwin Park
28th January Guided Day With Brochure, including Wilko, Tidbury
11th February London Museums
14th February Valentine Mystery
19th February Worthing Bowling Club
4th March Mystery Tour 'Are you being served'
6th March Tour of the Isle of Wight
10th March Chichester Landscape view to the Needles
13th March Witley
18th March Spring Flowers Mount Ephraim Garden
22nd March Goudhurst Tea Time Treat, Lunch Included
25th March Morston to Marsh Coleworth
28th March Eastbourne
1st April Chiddingstone Castle
7th April City of Ely
9th April Hinton Ampner National Trust Property
22nd April Henley on Thames and River Trip with Brunch
1st May Eynsham
8th May Apples and Pears
19th May Old Harry Rocks Cruise
4th December River Dance at the Mayflower
HOLIDAYS 2014
FEBRUARY A little Winter Luxury Imperial Hotel Torquay
APRIL Warners Thoresby Hall, Nottingham
MAY Wiltshire Wonder (details to be in the New Year)
JUNE Norfolk and Suffolk
JULY Bruges (details to be in the New Year)
SEPTEMBER Durham and the Northumberland Coast
OCTOBER North Devon Delights
IF YOU WOULD LIKE FURTHER INFORMATION PLEASE DO NOT HESITATE TO CONTACT US
WESTRINGS TRAVEL 01243 672411/01243 380053

Don't let thieves spoil your Christmas

CHICHESTER District Community Safety Partnership and Community Wardens are reminding residents to be on their guard and not to leave presents on show during the Christmas period.

They are offering seasonal advice to prevent people falling victim to opportunist thieves who may target homes with gifts left under the tree.

The advice comes as people across the district start to put up their Christmas decorations and put out their presents in full view of prying eyes.

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing, and Community Services at Chichester District Council, says: "Putting all your presents under your Christmas tree before December 25 is unfortunately a big advert to opportunistic thieves looking in windows.

"Put your holiday goodies out at the last minute and make sure the windows and doors are locked at all times, even if you are home. You should also consider taking extra care when you go out shopping as presents left on a car seat can also be inviting to thieves. Christmas should be a fun time so please follow our practical advice and make sure your Christmas is a happy one."

The Partnership and Community Wardens are also advising people to beware after Christmas of putting empty packaging outside their house for rubbish collections. This can advertise to thieves new purchases or expensive Christmas presents.

At this time of year thieves also target large crowds of people in shopping centres. Make sure that your purse or wallet is safely inside your bag and that you keep it with you at all times.

The Partnership has produced a 'Property Inventory Sheet' for householders to record descriptions of valuable items. The list should be kept in a safe place by householders. Details such as type of property, serial number, a description and distinguishing marks, can be recorded and used to help identify any items if stolen.

For more information on keeping safe this Christmas or for a Property Inventory Sheet please contact the council's Community Safety Team email community@chichester.gov.uk or call 01243 534800.

How to spot the festive fakes – and why you shouldn't buy them

TIMES MAYBE TOUGH this Christmas, but don't be tempted to buy 'branded' goods that are suspiciously cheap. That's the message from West Sussex Trading Standards, who fear there could be a rise in counterfeit goods as the festive season approaches.

But how do you spot them, and what is the danger in buying them? Trading Standards have produced a series of handy facts for festive shoppers. Their top tip – fake goods will almost certainly be poor quality and may even be dangerous.

"We have found counterfeits in many places, including shops, markets, car boot sales and online," said Lionel Barnard, County Council Cabinet Member who oversees Trading Standards. "With tight budgets it might be tempting, but please remember if you buy these goods you may be giving money to organised crime, as well as undermining legitimate businesses."

Among the dangerous items:

- Unsafe copies of the Apple triangular plug charger. It it's marked 'Emerson Network Power' with a 'Made In China' logo, it could destroy your device and give you a 240-volt shock.
- Foreign labelled cigarettes and tobacco products. They may be cheaper but they're illegal in Britain. The content may kill you more quickly than legal products.
- Cheap mobile phone batteries – these can explode. Also beware of memory cards which may have far fewer gigabytes than stated, and items such as USB memory sticks, headphones, and 'designer label' handbags and clothing. Please tell Trading Standards if you see any of these on sale.

Trading Standards has also come up with useful advice for anyone Christmas shopping:

- Are the goods much cheaper than you would expect?
- Is the product poorly made, perhaps with spelling mistakes on the packaging?
- If you're buying online, does the website give full contact details for the seller, including physical address?
- Be aware that web addresses ending '.in' or '.co.uk' may not be in Britain.
- Use search engines to research websites to check for user problems.

The Brand-I website helps to promote safe online shopping and is a source of internet retailers selling genuine branded goods. Trading Standards are advising buyers to check this website before buying online. https://www.brand-i.org/

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High profile pair 'exchanged banter about hacking phones'

REBEKAH Brooks and Piers Morgan exchanged banter at a dinner party in January 2003 about hacking each other's messages, the Old Bailey has heard

Former solicitor Ambi Sitham said the "pointed" exchanges between the two then-newspaper editors took place at a steak restaurant in south London

The Mirror editor told Mrs Brooks he knew what her front page was "because I've been listening to your messages".

Mrs Brooks, 45, denies conspiracy to hack phones

Mrs Brooks, of Churchill, Oxfordshire, also denies conspiracy to commit misconduct and perverting the course of justice

She left the editorship of the News of the World where she was succeeded by Andy Coulson to take over at the Sun in January 2003

Ms Sitham, speaking to court on Wednesday by videolink from the US, said there had been 18 to 20 people at the restaurant to celebrate the birthday of Mr Coulson, who is also a defendant in the trial

She was at the dinner with her then-boyfriend, who was a friend of Mr Coulson

Ms Sitham said Mr Morgan and Mrs Brooks were both "busy" on their mobile phones

"At the time they were both editors of quite big national tabloid newspapers and they were both very busy trying to finish off the last details of their front covers, or splashes, for their newspapers," she said.

Ms Sitham told the court Mr Morgan had said to Mrs Brooks: "I already know what your cover is because I've been listening to your messages."

The witness said Mrs Brooks replied: "Been hacking into my phone again have you Piers?"

Mr Morgan then said: "Well, you've been looking at my emails", according to Ms Sitham

The former solicitor also said that, when she offered her number to Mrs Brooks later in the evening, Mr Morgan turned to her and said: "Careful, she'll tap your phone."

Ms Sitham described the dinner as "a very relaxed, intimate gathering" with "the most powerful people in the media industry in the UK".

Pair were said to have 'exchanged banter' in a London restaurant

Dog attack victim Emma Bennett dies in Leeds hospital

A PREGNANT mother-of-four who was seriously injured in an attack by two dogs in Leeds has died

Emma Bennett, 27, died at Leeds General Infirmary on Tuesday night after being treated for dog bites following the incident at about 14:30 GMT on Monday

West Yorkshire Police said a man, 33, had been arrested on suspicion of offences under the Dangerous Dogs Act

The two dogs are believed to be American pit bull terriers, which are subject to restrictions under the act

Police said one of the dogs got out of the house but was later found in a nearby street. The other was safely removed from the property.

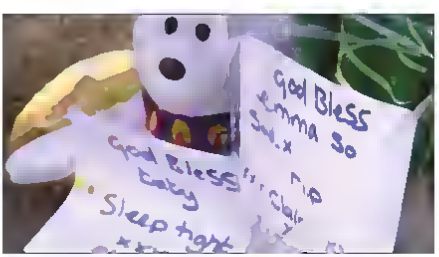
Det Supt Simon Beldon said: "Early indications are that the two dogs seized from the address are American pit bull terriers although tests are still ongoing to establish their exact make up.

"Dogs of this type are subject to restrictions under the Dangerous Dogs Act and our enquiries are focused on this aspect.

"We are continuing to appeal for anyone with information about the incident or the dogs involved in it to contact the investigation team."

In a statement Ms Bennett's family said they were "devastated" about what had happened.

"Not just because she has been taken from us so suddenly, but because of the horrific circumstances and the fact she was on her own at the time she was injured.



"Emma was a mother-of-four and although she had had some issues in her life she loved her children.

"She was a lively person who had a great sense of fun but she was also strong-headed and had her own opinions."

Ms Bennett's mother, grandparents, younger sister and two younger brothers were all at her bedside when she died, they added.

Floral tributes, including one which said "God bless baby, sleep tight", have been left outside Ms Bennett's home.

News in Brief

- Six men have been charged with conspiracy to cause explosions during cash machine raids across England. The charges relate to incidents involving ATMs across the north west, Midlands, Leicestershire and Oxfordshire, Merseyside Police said.

- Dense fog has lifted from London's Heathrow Airport after causing at least 200 flight cancellations. London City Airport remained shrouded in fog on Wednesday. Every flight was cancelled during the morning or delayed. At Southampton, they cancelled 16 flights on Wednesday.

- Two signed Damien Hirst works of art worth £33,000 have been stolen from a west London gallery four days after being displayed. The pieces were taken from the Exhibitionist Gallery in Notting Hill in the early hours of Monday.

  The stolen works, called Pyronin Y and Oleoylsarcosine, feature multi-coloured dots. Police believe the artworks were specifically targeted and want witnesses to come forward.

  Gallery Manager Nathan Engelbrecht said his "heart sank" when he received a phone call from the police informing him of the break-in.

- Lloyds Banking Group has been fined £28m for "serious failings" in relation to bonus schemes for sales staff. The Financial Conduct Authority said it was the largest fine that it or the former Financial Services Authority had imposed for retail conduct failings. The bonus scheme pressurised staff to hit sales targets or risk being demoted and have their pay cut, the FCA said. Lloyds Bank has accepted the regulator's findings and apologised to its customers. "The findings do not make pleasant reading," said FCA director Tracey McDermott. The fine could have been £35m had Lloyds not agreed to settle early, the FCA said.

- Only Fools and Horses star David Jason and schoolgirl Malala Yousafzai have both won prizes at the Specsavers National Book Awards

Chichester Business

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Leading local entrepreneur wins award

HAVING GIVEN UP her job as a City solicitor and founding the company in 2000 with her husband, Helen has since grown the company to a £6m turnover through multi-channel sales. Today, she has been named winner of the everywoman Athena Award – sponsored by Alexander Mann Solutions – for female business owners aged 36 to 49.

A year long trip around South America was the catalyst for Helen to start creating superb quality chocolate made from cocoa farmed sustainably on small family farms.

Its success has not been without its pitfalls, however, and in the early days Helen was forced to make the chocolate herself when her appointed manufacturer closed down with no notice, whilst in 2008 poor weather meant such an excess of stock that the business nearly folded.

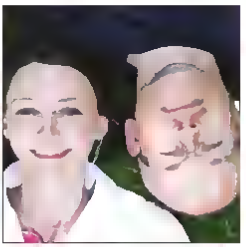
The former was the making of the brand, as Helen grasped the opportunity to make the product herself. Montezuma's is committed to sustainable growth and has created its own trading fairly policy to incorporate ethical dealing with growers, suppliers, customers and staff.

The UK's most inspiring female entrepreneurs are celebrated today as the winners of the 2013 NatWest everywoman Awards are announced. These women, who combine ambition with humility and determination, are representative of a new wave of female business leaders who are embracing technology, maximising exporting opportunities and building on the UK's strong manufacturing credentials to achieve success.

Over 300 guests from the world of business and politics along with household names including Kelly Hoppen MBE, Amanda Wakeley OBE, and Awards Patron Dame Mary Perkins gathered at The Dorchester to celebrate the achievements of these remarkable women.

everywoman co-founder Maxine Benson MBE comments 'Since we launched these awards 11 years ago, enterprise has become more appealing and lucrative as a career choice and today's incredible winners are running hugely successful, growth businesses. As well as turning over significant revenues, these women all demonstrate passion for supporting and growing their teams, running socially responsible businesses and acting as ambassadors to UK plc overseas. Judging was particularly fierce this year as the quality of female entrepreneurs was so high, but these exceptional business leaders are well deserving of their accolades. They are all incredibly inspirational entrepreneurs.'

Anne McPherson, Managing Director, Diversity in Business at NatWest says: "At NatWest, we recognise the importance of helping women set up and grow their businesses. We have over 200 externally accredited Women in Business specialists across the country who share and understand our customers' ambitions and provide coaching, networking and mentoring opportunities to help them fulfil their potential and build successful businesses. The NatWest everywoman Awards have created some amazing role models who inspire other women to take their first steps in realising their business ideas, and we would like to congratulate all of the outstanding entrepreneurs who have been recognised this year. NatWest are delighted to have supported the everywoman Awards for the 11th year running, a demonstration of our commitment to Women in Business."



Helen and Simon Pattinson are the man and wife team behind Montezuma's award-winning chocolate

Jo-Ann Feely, Director of Alexander Mann Solutions adds: "Congratulations to all the winners in this year's Awards. Alexander Mann Solutions' work is all about people – doing the best by our employees, clients and candidates is central our vision. Working with partners like everywoman, we actively support women to realise their potential in the workplace, much to the benefit of its people, clients and communities."

The NatWest everywoman Awards were launched 11 years ago to celebrate the thousands of female entrepreneurs, many of whom are achieving significant success under the radar. The Awards have raised the profile of scores of leading British businesswomen, creating role models to which others can aspire and whose success they seek to emulate.

Nearly six million Brits have been declined credit in the past three years

MANY people may be shocked when they are turned down for credit, however new research by Confused.com has revealed that nearly six million (12%) Brits have been declined for credit in the past three years.

The different factors that can affect people's credit ratings can be a confusing issue, with many people choosing to bury their heads on the subject. Worryingly, new research published today reveals that 60% of people are completely unaware of what their credit rating is. Of those that did know their credit score, more than a fifth of people (21%) didn't know how to improve it.

Worryingly, 16% of people admitted they have poor credit. A poor credit rating can cause many financial issues from being declined a mobile phone contract to having difficulties getting a credit card. In fact, 6 % of Brits have been turned down for a credit card in the last 3 years.

Almost half (47%) of those with a poor credit rating are more likely to borrow money from friends and family. Shockingly, nearly a third (30%) are more likely to borrow money from unauthorized/private money lenders and 21% had taken a payday loan in the last 3 years.

Regionally, it appears that people in the North East have the worst credit rating (lower than average), compared to people living in Northern Scotland who have the best credit rating (higher than average). The regions that seem to fair average are people who have taken residence in Central Scotland, the Borders and the South West.

The research highlights that people in the UK are continuing to take out finance without thinking about any long term impact it could cause on their credit history. Almost half (48%) of people were unaware or didn't think that they could be damaging their credit rating just by applying for short-term, high interest loans. This, in fact, could make a person less likely to be accepted for a banking loan at a lower interest rate, further perpetuating the cycle of debt.

The research also reveals how low credit rating can affect more than just finances. Over half of people (55%) feel under high levels of stress as a result of being turned down for credit and 38% say that it has a negative impact on their life even leading to relationship breakdown.

However, there is help out there for those Brits who want to be on the road to better financial well-being using products that help rebuild a damaged credit portfolio, including credit building cards. Good news is these credit building cards are seen to be on the rise in the UK, having more than tripled over the past 3 years. In 2011 there were only five cards of this type available but they jumped to 14 in 2012 (+180%).

In 2013, there are currently 18 on the market – a steady 28.6% rise over the past year. For Brits who want to improve their credit rating, these cards could be ideal. Repaying money on time each month with a card of this type can help when applying for the best deals, mortgages, loans or other credit cards in the future.

Nerys Lewis, Head of Credit Cards at Confused.com says: "We want Brits to get to grips with their credit rating, understand what affects their credit score and try to improve on it. By simply understanding their finance situation better, it can give people a better chance of getting that mortgage, loan or credit card – and at the very best rate.

"With so many credit card providers keeping their best deal for customers with a near perfect credit rating, it's more important than ever to understand how credit rating works, and how you can use the knowledge to get the best deal.

"In fact, credit building cards can be useful tools to build your credit rating. They can help to create a positive loan repayment history, as the very fact that you're seen to be successfully paying off a manageable debt each month gets noted on your credit file. So don't let your credit score hold you back."

All figures, unless otherwise stated, are from YouGov Plc and commissioned by Confused.com. Total sample size was 8127GB adults aged 18+. Adults with poor credit rating sample size 840. Fieldwork was undertaken between 16th to 24th October 2013. The survey was carried out online. The figures have been weighted and are representative of all GB adults (aged 18+).

There are no previous official figures on how many people take out payday loans but Consumer Focus estimated last year that 1.2 million people took out 4.1 million loans in 2009.

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Local business entrepreneur invited to Downing Street

RUGS OF PETWORTH, the well-established boutique and specialist dealer in handmade rugs and carpets, located in East Street, Petworth, was one of 100 businesses invited to Number 11 Downing Street to mark the UK launch of 'Small Business Saturday'. Alex Rees, founder and owner of the local business met up with George Osborne in London on 5th December to promote the enterprising initiative that encourages Britain's shoppers to buy from their local High Street in the run-up to Christmas and beyond.

Alex Rees, founder of Rugs of Petworth and newly elected chairman of the Petworth Business Association commented: "On a personal note, I am delighted to be chosen as one of the 100 featured businesses for 'Small Business Saturday'. Having opened at the height of the banking crisis in 2008 and weathered the difficult start-up years during a recession, I'm hopeful that we're now moving from 'survive' to 'thrive'!"

Mr Rees continued: "The initiative is also great news for Petworth and strongly reinforces how small businesses are the lifeblood of the community. Petworth's blend of new and long-established businesses offers visitors a truly unique shopping experience on their very own doorstep. We believe our independent approach to commerce has contributed significantly to the success of our town, keeping it dynamic and helping it thrive."

A recent study from the discounts website Groupon found that 71% of consumers want to see more independent businesses on their High Street and Government ministers have this week pledged to spend £100 million on faster broadband connection in a bid to help local retailers and mark the UK's first celebration of small firms.

Alex Rees concluded: "The Downing Street reception was well attended by ministers and shadow ministers alike, who showed a genuine interest in our views on what measures could help small businesses to grow."

The launch of 'Small Business Saturday' on 7th December, heralded as one of the busiest shopping days of the year, also coincided with Petworth's Annual Christmas Lights Switch On event, an excellent trading opportunity and superb showcase for Petworth's business community.

Petworth has a well-established reputation as a unique retail haven away from the bustle of the traditional High Street. Petworth is a real treasure trove of independent boutiques, flowers, fine foods, books, natural luxury skincare, ladies' designer fashions, traditional gentlemen's clothing not to mention the world-famous antiques and arts establishments - some 37 of them all within a half mile radius.

To find out more about Rugs of Petworth, visit: www.rugsofpetworth.co.uk

To find out more about Small Business Saturday, visit: www.smallbusinesssaturday.uk.com

George Osborne, Chancellor of the Exchequer (left) with Alex Rees

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Arts & Entertainment

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Cineworld Now showing at Cineworld Chichester

Frozen is sure to warm your heart

Frozen (PG)
Director: Chris Buck, Jennifer Lee
Starring: Kristen Bell, Idina Menzel, Jonathan Groff

★★★★★

Beautifully animated and frequently laugh-out loud funny, this is a hugely enjoyable Disney comedy/musical with strong characters, superb voice performances, terrific songs and a witty, intelligent script that sneaks in a tiny subversive edge

What's it all about?
Co-directed by Chris Buck and Jennifer Lee, Frozen is loosely based on Hans Christian Anderson's The Snow Queen and centres on two sisters' older sibling Elsa (Idina Menzel), who discovers that she has magical powers and can create snow and ice with a wave of her hands, and her younger sister Anna (Kristen Bell). However, after a childhood accident almost kills Anna, she has her memory wiped and Elsa is ordered to keep her powers secret and never to play with Anna again, so the pair grow up apart.

On the day of Elsa's coronation, Anna announces she has fallen in love with a man she has just met (Santino Fontana as Hans), causing Elsa to lose control of her powers and accidentally curse the entire kingdom with eternal winter, whereupon she flees to an ice palace she creates in the mountains. Though ill-equipped for the icy terrain, Anna sets off to find her sister, gaining help from a friendly ice salesman (Jonathan Groff as Kristoff), his reindeer Sven and a talking, summer-obsessed snowman called Olaf (Josh Gad) they meet along the way.

The Good
Kristen Bell is wonderful as Anna, delivering an enjoyably feisty performance and displaying impressive comic timing, she also does a terrific job with the musical numbers, more than holding her own against Broadway star Idina Menzel, who, in turn, brings the house down with the film's central number Let It Go. There's also strong comic support from both Groff and Gad (Olaf's dreaming of summer song is a definite highlight), while Sven the reindeer takes a leaf out of the horse from Tangled's book and steals plenty of laughs without actually speaking (although there's a nice running gag where Kristoff speaks in a reindeer voice for him).

The film is beautifully animated and the level of detail on the snow and ice is extremely impressive. In addition, the witty, intelligent script is frequently laugh-out-loud funny (the interplay between Anna and Kristoff is utterly charming) and it even manages to weave in what passes for a subtly subversive note in the final act, both in terms of the message the film gives out and the way the film compares to previous Disney princess movies.

The Great
The musical numbers are delightful (there's almost certainly a Broadway show in the film's future), striking a good balance between traditional A Whole New World-style numbers and Book Of Mormon-style comedy songs (not entirely a coincidence, given the presence of Mormon songwriter Robert Lopez). On top of that, there's a strong mix of both verbal and visual gags, including a number of inspired background gags that will reward multiple viewings.

Worth seeing?
Frozen is a hugely entertaining Disney comedy musical that's a treat for all the family. Unmissable.

Aldingbourne Trust

Christmas Cracker Concert

Wednesday 18th December

7pm at Grace Church, Chichester

An evening of Christmas music and carols, celebrity readers and pantomime sketches.

Tickets: from £10.00 to £18.00

To book tickets please contact Abigail Rowe 07802 783 604

Glass of mulled wine and mince pie included

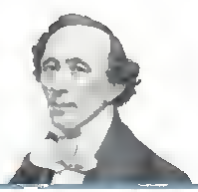
Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Hans Christian Andersen is best known for which genre of novels?**

A. FAIRY TALES
B. HORROR
C. COMEDY



Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 17th December 2013 at midday. The winner will be notified later on that day. Last weeks winner was David Gaylard from Chichester. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Music charity night set to entertain you

Organisers hope to raise much needed funds for charity

A CHARITY night of music through the decades with some amazing local tribute bands including will be held in Chichester next month providing an enjoyable evening of entertainment, fun and dancing.

Acts will include South Beat Beatles tribute act, The Rolling Tones, Abba Chicks, Frank Sinatra, Patsy Cline and Connie Francis.

The Event will be held at the Riverside Caravan Park in The Ballroom on 11 January 2014 it is £10 per ticket and these can be purchased from Riverside Caravan Park, Shripney Road Bognor Regis 01243 865823, The Judith Adams centre St Pancras Chichester 01243 536433 or The Chestnuts in Bognor Regis 01243 841708.

The monies made will be split four ways between the following charities and day centres that all provide care, research and quality of life for people living with dementia.

Alzheimer's Society - is the UK's leading care and research charity for people with dementia and those who care for them. Our unique research programme funds research into the cause, cure, care and prevention of dementia to improve treatment for people today and to search for a cure for tomorrow.

Mind - is a mental health charity, Mind aims to promote mental health and well-being through Chichester, Midhurst, Worthing and the surrounding areas. Respecting individual needs and the rights of individuals to have control of their lives. Their aim is to empower people with mental health needs to be as independent as possible and help them to benefit from optimum support and activities in their community.

The Judith Adams centre in Chichester and The Chestnuts day centre in Bognor Regis are dementia specialist day centres. Providing specialist day care for individuals, with the change in criteria for the day centres and now being a specialised day centre for people with dementia it is vital that we keep on the fore front of changes and information so that we can provide an improving personal centred service for our customers. Funds raised will help us to provide extra specialist equipment and activities to enhance a person's experience when attending the centre.

A raffle on the evening will be held which has some amazing prize tickets. A full list of prizes is also available from the day centres.

Charity Christmas Concert

THE ALDINGBOURNE TRUST will be holding their Christmas Cracker Concert again on the 18 December. The evening of Christmas entertainment will be held at 7pm in Grace Church on Terminus Road Chichester, and will feature readings from celebrities James Bolam, Sarah Badel, Michele Dotrice, Susan Jameson and Amanda Waring. There will also be carols and music from local schools and musicians, pantomime sketches, solo performances from Susan Fleet and others, and the Bognor Regis Concert Band.

Tickets cost £10 to £18, including a glass of mulled wine and a mince pie. To purchase tickets please contact Abigail Rowe 07802 783604 or abigailr@aldingbournetrust.co.uk.

The proceeds from the Concert will go towards the charity's £4 Million Appeal, which is being run to develop the Aldingbourne Country Centre. The Aldingbourne Trust is a West Sussex Charity that supports adults with learning disabilities.

What's On in your local area...

• On Sunday afternoon 15 December 2013 between 1.00 pm and 4.00 pm, Chichester Model Engineers are inviting everybody to come along to their site in Blackberry Lane, near the junction of Bognor Road and Whyke Road in Chichester (East) PO19 7PS for a Santa Special Train Ride behind a selection of different miniature locomotives. Entry will be only £2 for children who will be given a present by Father Christmas and £4 for everybody else which includes a hot or cold drink, and a mince or apple pie. The 'Drive a Train' 00 gauge model railway, 'Blackberry Junction' will be in use. This has three circuits of track, each with its own controller and donation box. Further information is on Chichester Model Engineers website www.cdsme.co.uk, or by phone to: 07954 051594.

• Vintage and Very Nice are bringing over 25 small local traders to The Assembly Rooms on the evening of Thursday 12th and all day on Friday 13th and Saturday 14th, for Vintage shopping and gift ideas for everyone. Tea room will be open with festive drinks on the Thursday evening. Free entry. Opening times Thursday 12th 4pm - 8pm, Friday 10am - 4.30pm, Saturday 10am-4pm.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2EP.
More details from Andrew@andrewperryplus.com or 01243 776391.

• An ever-popular annual Christmas concert by local choir Chichester Voices takes place this year on Thursday 19th December at 7.30pm at St Thomas à Becket Church, Fagham and is in aid of the Friends of Chichester Hospitals to support their work at St Richard's Hospital. Directed by Andrew Naylor 'The Holy Birth' with organist Richard Scott Copeland, music includes pieces by John Rutter and traditional carols. Tickets are now on sale by calling 07976-917271, 07900-038197 or emailing admin@friendsofchichesterhospitals.org.uk, and cost £10 each or £7.50 for concessions. Refreshments are included. Some tickets will also be available on the door.
The Friends' recent funding of equipment for St Richard's includes incubators for the neonatal ICU, paediatric oxygen systems, and suction pumps for use throughout the hospital as well as diagnostic equipment for the Eye Clinic, their major project this year.

• Chichester Art Society's new programme of workshops for early 2014 offers great opportunities to local artists. There is a relaunch of the popular Figures & Faces Workshops on Tuesdays 1.30 - 4.30pm starting January 7th for 12 weeks to March 25th. Portrait and Life Study alternate starting with Portrait Study. You can work alongside local artist Lucie Cookson who will be overseeing the poses and offering an overview of work during the session. (Non-members £11 per session or £10 if three or more booked). Limited to 20 but enquiries about availability can be made up to 10am on the day by contacting the Secretary (see below). The Society's full programme of meetings and workshops for 2014 is on the website: www.chiart.soc.org. All workshops are at: Bassil Shippam Centre, Tozer Way, St Pancras, Chichester PO19 7LG (parking and easy access). Prices include refreshments but not materials. Further details from the Secretary on 01243 602360 or email jean campbell@zen.co.uk or text message 07831 666451.

• Monthly meetings carried out partially in Welsh, rest in English - all levels of Welsh welcome - meetings in members' houses - contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

If you would like an non-profit or private charity event listed then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here as supplied and in good faith. The Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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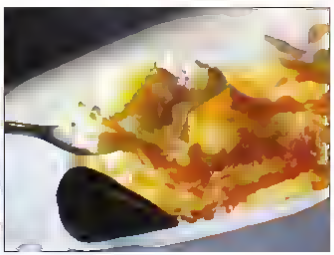
Delicious food with probably the best view in Chichester

Culinary delights for all tastes at the newly refurbished Crown and Anchor, Dell Quay

NESTLED away from the chaos of town in an Area of Outstanding Natural Beauty, the Crown and Anchor offers a tranquil oasis for those looking for great food in cosy surroundings. The pub itself was built at the end of the 10th century when it was then the only landing place for the Port of Chichester. Open log fires and character features create a welcoming atmosphere with large windows looking out onto the stunning harbour scenery. Recently refurbished and with a new head chef at the helm, the colour scheme is fresh, the atmosphere is very inviting and the service is friendly and attentive. They also have an open plan kitchen so you can see your food being prepared in their clean and relaxed kitchen by their enthusiastic and talented head chef and his team.

The menu offers hearty and warming pub classics as well as signature dishes and sharing boards. The home-made scotch egg starter is almost a meal in itself featuring a soft and goosy velvet egg centre wrapped in a meaty and crisp breadcrumb shell. For a lighter bite, try the toasted goat's cheese and deliciously fresh and tangy onion jam.

Pub classics include a home-made burger with freshly prepared relish, coleslaw and salad and deliciously fresh and succulent Dingley Dell pork sausages served on a bed of mash and rich onion gravy. The fish pie offers an exceptionally tasty alternative packed with meaty chunks of salmon, smoked haddock, prawns and a rich cheesy mash topping served with peas and carrots accented with fried onion. Presentation is clearly paramount with even pub sandwiches being served on wooden boards with a side of home-made slaw.



The unique and delicate chestnut nipple cheesecake offers a subtle nutty flavour with a rich and creamy texture accompanied with a flavoursome berry compote and soft and crumbly biscuit base. For a lighter option, the apple sorbet with notes of cinnamon is a refreshing end to any meal.

Drink choice ranges from traditional ales to organic wines as well as a wide choice of sparkling wines and whites to compliment the extensive choice of fish dishes on the menu. We tried the Cangnan Grenache, a smooth, warming red which was reasonable priced and went fantastically well with the goats cheese starter.

Owned by Young's brewery, the Crown and Anchor is offering a fantastic January offer, #BeMyBestie. When you purchase any 2 main courses throughout January (New Years Day not included), the cost of the lower priced dish will be deducted from your bill upon presentation of the voucher. Further information can be found at the pub, on Twitter @CrownDellQuay and will also be featured in the Chichester Herald next week.

In addition to their January offer, the pub is also offering a competitively priced and unique Christmas menu including highland venison and game croquettes, English Rose turkey, gressingham duck and roasted loin of cod. Advance bookings are required for Christmas menus.

The Crown and Anchor, Dell Quay Road, Apuldram, Chichester, West Sussex, PO20 7EE. 01243 781712. @CrownDellQuay. crownandanchor@youngs.co.uk. www.crownandanchorchichester.com

Food and Restaurant Review

Portion size: Satisfying
Service: Attentive and friendly
Value for Money: Great
Ambiance: Relaxed and inviting
The new decor looks great and the view is fantastic

Let us know what you think @Chiherald

Tesco: Shoppers who shun 'ugly' fruit contribute to food waste

TOO MANY British shoppers are shunning misshapen fruit and vegetables and are responsible for a lot of food waste, a Tesco executive has said.

Speaking on Tuesday 11 December at a House of Lords inquiry into food waste, Tesco group food sourcing director Matt Simster said domestic consumers were unwilling to consider imperfect fruit and vegetables.

He said UK customers picked the "cream of the crop", unlike their counterparts in Eastern Europe.

Supermarkets could do more to address the problem, he added.

Simster told the House of Lords' European Union sub-committee on agriculture that he was looking at options to encourage people to buy the "bold, ugly misshapen" fruit and vegetables that tend to go to waste.

He added: "Customers naturally select, they always pick the cream of the crop first and the rest gets left. Then the new deliveries come in and you have the new cream of the crop. The old, ugly misshapen goes to waste. Customers will always choose the one that cosmetically looks better."

This year, Tesco published its total food waste figures for the first time, revealing that 28,500 tonnes was wasted in the first six months. Bagged salad was a particular problem, with more than 26% of all salad sold in bags by Tesco being waste, along with 40% of apples and 20% of bananas. Tesco has scrapped 'display until' dates on fruit and vegetables.

Eat yourself beautiful for Christmas

WITH ONLY weeks till Christmas, Brits are stocking up on healthier food ahead of Christmas, as they try to 'eat themselves beautiful'.

At Waitrose, sales of fruit and vegetables are soaring ahead of the festive season. Sales of chard and Kale are up a whopping 32% on this time last year, as people look to green juices to strengthen their bodies ahead of the party season. Mango sales have also increased by 30%, avocados are up 17% and grapes as well as melons are up 11%, as Brits pack in the nutrients.

Joanne Lunn, Waitrose nutritionist comments, "In the few weeks or so left before Christmas, there is enough time to really make a difference in the appearance of our skin, eyes, hair, nails and teeth. We can beautify ourselves from the inside out quite easily."

Here are Joanne's tips for eating yourself beautiful:

• A healthy varied balanced diet is essential if you want to stay fit and healthy throughout the festive season. This means trying to eat at least 5 portions of fruit and veg each day, making balanced meals of wholegrain starchy foods and lean proteins and keeping hydrated. Foods that are particular good throughout the party season are:

• For healthy skin: Consume foods rich in Vitamin A, riboflavin, niacin, biotin, vitamin C, Zinc and Vitamin E such as yeast extract, pulses, wholemeal bread, pomegranate, blackberries, avocados, brazil nuts and shellfish.

• For healthy eyes: Tuck into carrots, chard, kale and melon for your vitamin A and eggs, milk and breakfast cereal to top up your riboflavin.

• For healthy hair and nails: Biotin (found in peanut butter and wholemeal bread) and Selenium (avocados and lentils).

• For healthy teeth: Eat foods rich in Vitamin C, such as pomegranate, citrus fruit, grapes and blackberries and opt for high calcium foods including dark green leafy vegetables and dairy

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www.indiagatemerston.co.uk

Making good choices this Christmas

Denise Kelly

Naturopath... nal Therapist

HAVING just had my birthday celebrations I am already feeling like December seems like a long indulgent month!

It's the same every year, once the festive season arrives, we abandon all our good habits and dive headlong into a month of OTT indulgence. From mince pies and marzipan to stuffing and goose fat, we're faced with an abundance of food that's just a bit too hard to resist, meaning that second helpings become an all too common occurrence.

Unfortunately, our bodies aren't prepared for this sudden binge. Unable to cope with so many rich foods, our digestive systems often start to play up, leaving us feeling uncomfortable, bloated and tired.

Canape catastrophes

Christmas is supposed to be a season of bright colours! So why is most party food boring old beige? Canapes, sausage rolls, sandwiches and cakes are all made of beige coloured wheat, which is high in gluten and low in nutrients. For some people, repeatedly eating wheat-based products can lead to pain and an irritated bowel. Try to add some colour to the menu with crudités and dips, fresh fruit and juices to aid your body's effective digestion.

Christmas dinner don'ts

The components of a Christmas dinner, meat, vegetables and potatoes all sound like good healthy fare, but the problem is the goose fat, booze, mince pies and trifle that go along with them. It all adds up to a lot of work for our bodies, especially the digestive system. Lighten the load that your stomach has to bear by removing the skin of fatty meats and cutting down on the portion size of the puddings.

Social overload

As your social calendar begins to fill up, it's easy to feel there is 'so much to do, so little time' and the fun can quickly descend into stress. Diarrhoea sufferers see their symptoms surface most often when experiencing stress or anxiety. To prevent stress induced symptoms cropping up, it is important to get the proper amount of rest and 'me' time. If you feel burnt out rather than bouncing with energy then forgo one of the many festive parties and get more rest.

Post party lifesavers

Bananas. Because bananas are rich in potassium, magnesium and vitamin B6, they help your body to regain lost potassium and can reduce the headache and nausea, which may follow after a night of festive parties. Avoid painkillers if you can as they may irritate your stomach.

New Year rebalancing

Try to incorporate healthy probiotics or digestive enzymes post Christmas to boost your digestive system. You can also do this by making a delicious vegetable-based smoothie in the blender or making fresh a juice. The natural enzymes in the vegetables will promote healthy digestion and help to relieve any feelings of bloating.

My two most used recipes are

Cucumber, Celery, Kale, Grapefruit, Lemon and Ginger or Carrot, beetroot, ginger, Lemon and apple.

A healthy gut is a healthy you!

Did you know...

1. Although now mostly vegetarian, in Victorian times mince pies were made with beef and spices!

2. The tradition of putting tangerines in stockings comes from 12th-century French nuns who left socks full of fruit, nuts and tangerines at the houses of the poor.

For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body, please contact her on info@denisekelly.co.uk or 01243 528848.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutritious Programs for a variety of organisations and has a private practise in Chichester, West Sussex. @DKNutritious

People that know what they're doing are better than people who don't

When you're working on your body it's vital you know what you're doing. Or have someone on hand who can advise you. Every member of our fitness team has achieved a high level of qualification for exercise professionals. At our Club we provide access to a broad range of health experts with nutritionists, physiotherapists, physiologists and even GP's. We also hold monthly Meet Our Expert sessions covering specialist subjects such as hydration, sleep and effective goal setting. These by the way are also open to non members so everyone can come along.

Is your exercise routine tired and boring?

If you can keep things fresh, you will keep things going. Not only can you get your personal exercise program developed every six weeks but we have over sixty classes a week for you to enjoy plus our great heated swimming pool. So whether you're training for a marathon and want regular cardio classes, or just want to improve on your overall wellbeing with a weekly yoga or Pilates class we have just the activity you're looking for. It doesn't matter what level you are at, or what you're in training for we can help you do whatever you need to do in an environment you feel comfortable in.

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80% now regularly tweet, text or browse whilst watching TV

MILLIONS of Brits are "double screening" – by watching television, while playing computer games or texting and tweeting from a mobile phone or iPad at the same time, a new study has revealed. Researchers found that our love of interacting and sharing with others during TV shows mean eight in ten Brits now use a phone, tablet or laptop to share their opinions online about the programme they are viewing.

Almost half even admitted to "TRIPLE SCREENING" – watching TV at the same time as texting on a phone AND playing on a tablet or laptop, the report by GAME found.

Other reasons for double or triple screening include being so busy that they NEED to do both things at once, while others admit to it because they get bored if they only watch TV.

Ian Chambers, Chief Digital Officer at GAME, said: "Digital technology is advancing at an incredible pace and we're constantly developing all our channels to make sure we're delivering for our customers.

"The evolving digital environment brings together so many aspects of life – gaming, entertainment and day-to-day activities like doing the shopping. It's no surprise this study highlights how commonplace triple screening is today.

"We're seeing rapidly changing consumer behaviour and the digital evolution is a huge part of that. It's now the norm for people to engage with multiple devices in front of the TV – whether that's watching your favourite programme or playing the latest games."

The study, of 2,000 Brits found that 79% regularly have evenings where they sit down in front of the TV, with their phone, laptop or tablet also on their lap.

And 40% also said they have times where they are on two different gadgets at once, all while watching television.

While 36% of those spread their attention over the different gadgets because they get bored if they only watch TV, 30% say they are so busy, they have no choice but to do it all at once.

Almost one in five like to talk about the show they are watching on Facebook or Twitter at the same time.

Around one in ten tweet about what's on the TV, while 14% discuss the show with friends on Facebook.

And rather than waiting until the next time they see them, one in five even text their friends while watching a programme to talk about what's happening on screen.

X Factor was named the most popular show to discuss over social media, followed by I'm a Celebrity Get Me Out of Here, EastEnders and Coronation Street.

Other shows that are talked about online by viewers include Strictly Come Dancing, Celebrity Juice and Downton Abbey.

Four in ten also take the opportunity to browse Facebook and Twitter while they settle in front of the TV, while 47% keep an eye on the internet news sites.

More than a third indulge in a spot of online shopping while watching TV while one in five even manage to play games at the same time.

But researchers found that 43% have had to re-watch a programme because they were so busy "double-screening" they weren't paying attention to it.

And more than a quarter have rowed with a partner because they were watching a TV show and using their phone, laptop or tablet at the same time.

Ian Chambers added: "At its heart, multi-screening is about making every experience richer – and that's happening with gaming right now as we move into the next generation of consoles.

"Boundaries are being pushed as second screen apps are being used to add extra depth to the gaming experience and the Call of Duty Elite app is a great example – it brings a whole new element to Call of Duty: Ghosts for the gamer.

"The digital landscape is going to keep evolving and GAME is focused on being at the forefront of that change."

Top twenty 'double screening' TV shows

1. X-Factor
2. I'm a Celebrity Get Me Out of Here
3. EastEnders
4. Coronation Street
5. The Great British Bake-off
6. Big Brother
7. Emmerdale
8. Strictly Come Dancing
9. Britain's Got Talent
10. The Only Way is Essex
11. Celebrity Juice
12. Educating Yorkshire
13. Downton Abbey
14. Homeland
15. Made in Chelsea
16. Big Fat Gypsy Wedding
17. Come Dine With Me
18. Don't Tell the Bride
19. Game of Thrones
20. DIY SOS

Horoscopes

13th - 19th December
Horoscopes from Kimi

Aries 21 March - 20 April

Your professional life is taking on something of a renaissance. It has taken you some time to find your niche but now you have, there is no stopping you. You may be thinking of retraining or updating your skills set. Although the temptation is to over indulge try not to avoid it as your health may suffer as a consequence.

Taurus 21 April - 21 May

This week will be hectic as you try to complete all those outstanding jobs before the holiday season. You want to relax your mind and body. This is a great idea but try not to get too fraught or be too pedantic. Take for a little spiritual reflection and you will find things have a way of sorting themselves out.

Gemini 22 May - 21 June

Your over exuberance can be interpreted as being pushy and bossy. You know this is not you but do others? Exercise caution in your career, at home and in your relationships and all will be well. Listen more and act less and you will be overjoyed at what can be achieved. A good week for making new and influential friends.

Cancer 22 June - 22 July

This is a very good time for you and a very good time of year for you to indulge in a little introspection and self analysis. You know where your career is going but what about the rest of your life? To find inner peace and balance you need to search your soul as well as your mind.

Leo 23 July - 22 Aug

Things are a little calmer this week on the social front but that is not necessarily a bad thing so try not to feel too despondent. You did need time to recharge your batteries, you can't always run at break neck speed. Being assertive both at home and at work will gain you respect and enhance your status.

Virgo 23 Aug - 23 Sept

If you are planning a trip make sure you take your time and watch your budget. Choose your destination wisely and you can have a great time and stay afloat! If you are in a couple then you could be in for a significantly" romantic time. If you are single then you could just meet someone pretty very special!

Libra 24 Sept - 23 Oct

You appear to have more than you can cope with this week, what with work, social demands and your ever expanding circle of friends. Don't let it get to you. Ever heard the saying what comes around, goes around? You have been a great help to others, let them now help you both at work and in organizing social events.

Scorpio 24 Oct - 22 Nov

You'll be asked to take on even greater and bigger challenges at work. This could involve you travelling overseas in the not too distant future or meeting and liaising with overseas visitors. All the financial planning, career progression you have been engaged in of late are great but if you're to remain fully rounded make time for fun this week!

Sagittarius 23 Nov - 21 Dec

I hope you paid heed and went to the gym? It's not too late. If you are to remain mind healthy you need to be body healthy. You've been a little snappy recently. Think of all the good endorphins you will be releasing if you take some exercise. Your loved ones may benefit too - be a little kinder to them!

Capricorn 22 Dec - 20 Jan

Your focus is altruistic this week. You will be called upon to make a charitable donation or take on an even bigger and more substantial long term commitment to a charity that is close to your heart. Undertake this and you will reap the benefits fourfold! Spiritual, emotional, social and networking opportunities will result as a consequence of your philanthropy.

Aquarius 21 Jan - 19 Feb

You are walking a bit of a tightrope this week as you try to keep everyone happy. This will take all your powers of diplomacy and persuasion. But don't be. On the plus side it does mean that you are a person everyone wants a bit of, that must make you feel good?! Don't be tempted to overspend.

Pisces 20 Feb - 20 March

Heard the saying "if you want something done ask a busy person"? That's you. It means you will be busy and will be given a bucket list! Take heart it also means you are able to cope. Your skills at multi tasking and problem solving will not go unnoticed but a word to the wise, neither should your loved ones!

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Bali leads Far East charge in long haul holiday value chart

AFTER THREE YEARS at the top of the best value rankings, a 45 per cent price rise in Sri Lankan resort costs means that the Indian Ocean destination has lost its crown to Bali and dropped to fifth place in the sixth annual Post Office Travel Money Long Haul Report.

The Post Office barometer found that resort prices in Sri Lanka had risen for the second year running. A total of £54.45 for 10 tourist staples in Colombo, including a three-course evening meal for two with wine, drinks and suncream, was the biggest price rise in any of the destinations surveyed and 24per cent higher than in Bali (£43.91), the outright winner.

2013 prices in Bali fell one per cent to give the Indonesian island a clear lead over South Africa, where a 20 per cent year-on-year rise in the strength of sterling helped the country leap six places up the table of 32 long haul destinations to take runner up spot. At £49.57 prices for UK holidaymakers in Cape Town were 12 per cent lower than 12 months ago.

Had it not been for the sterling exchange rate impact on Cape Town prices, destinations in the Far East would have taken the top three places in the Post Office Long Haul Report barometer. Instead Vietnam and Thailand took third and fourth place respectively in the table.

After losing ground a year ago, a six per cent fall in Phuket resort prices (£54.39) has helped Thailand to close the gap on Vietnam. In sharp contrast, the Vietnamese barometer basket rose 18 per cent in Hoi An (£53.04). Despite this, Vietnam remains competitively-priced and has proved a 2013 success story as sales of its currency – the dong – grew 106 per cent year-on-year to top the Post Office's Fastest Growing Currencies league table.

Following a summer when long haul destinations took nine of the top ten Fastest Growing Currencies places, with sales increases exceeding 40 per cent, the winter sun budget looks positive for UK travellers. While sterling remains weak against European currencies, it has strengthened against many long haul ones. As a result, resort costs have fallen in half the destinations surveyed for the Post Office Long Haul Report, most often because of the stronger pound.

The biggest drop was in Jamaican resorts, where a levelling off in meal prices after last year's big increases, has resulted in a barometer fall of 36 per cent (£63.36). This has taken the Caribbean island into the Post Office Long Haul top 10 in seventh place.

Resort prices have fallen elsewhere in the Caribbean too – by one per cent in the Dominican Republic (Punta Cana, £75.04), six per cent in Antigua (English Harbour, £79.41) and seven per cent in Barbados (St James, £81.53). New to the Long Haul Report, resorts in Tobago emerged as competitively-priced at £78.45 for the barometer items while prices in St Lucia have remained on par with last year (Rodney Bay £95.68).

Theme park favourite Orlando emerged as best value of five USA destinations with a barometer total of £66.24. This made it the only US entry into the Long Haul Report top ten and a third cheaper than Miami (£90.84), the other Florida destination surveyed. A 14 per cent rise in prices this year made Miami more expensive than New York (£79.08), San Francisco (£82.41) and Washington D.C. (£82.88).

Destinations down under were again most expensive in the survey. The tourist items cost £121.35 in New Zealand (Auckland) and £124.69 in Australia (Darwin), although the Australian dollar's fall against sterling means prices are 10 per cent lower than last year.

Andrew Brown of Post Office Travel Money said: "After a summer when sterling bought less holiday cash for trips to Europe, winter sun tourists can look forward to seeing their pounds stretch further in many of the most popular long haul destinations. However, we advise them to consider the whole picture and not just the package price before booking.

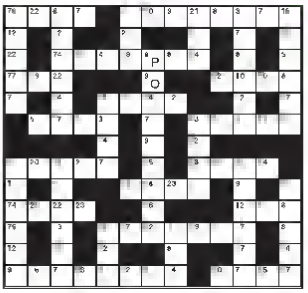
"Look for a destination where the pound is worth more and where resort costs are low. They can check our resort prices at postoffice.co.uk/longhaul2013 and then change sufficient travel cash to cover the cost of those tourist items, especially meals. By changing more than £500, holidaymakers can get a better exchange rate at Post Office bureaux and on our website – and avoid the poor rate they would get by changing money at the airport."

Over 1,600 Post Office branches offer a wide range of long haul currencies on demand. With restrictions on importing Sri Lankan rupees, the Post Office recommends carrying cash on the Post Office Travel Money Card, a chip and PIN-enabled MasterCard accepted in over 28 million locations worldwide. All major currencies can also be pre-ordered at over 11,500 Post Office branches or online at postoffice.co.uk for next day branch or home delivery.

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	15
3	18
4	17
5	19
6	10
7	26
8	O 21
9	P 22
10	23
11	28
12	25
13	26

Last week's solutions

1	2	3	4	5	6	7	8	9	10	11	12	13
I	B	A	T	Z	V	O	X	M	N	F	H	S
Q	P	J	G	R	U	C	E	W	D	L	Y	K

Wordsquare

N	M	A
E	G	R
A	T	T

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9 letter word to be found

How you rate:

15 words - average,
20 words - good,
25 words - very good;
30 or more - excellent.

Last week's solutions:

hewn, hews, hies, hisses, hoes, hohe, hones, hose, hosses, newish, news, nose, nosh, noses, oshes, owes, sews, sin, sown, sows, shies, shins, shines, shoe, shoes, shone, showiness, sine, sines, sinew, swine, swishes, when, whine, whines, whose, wine, wise, wishes

Double Crossword

Choose either quick or cryptic clues.

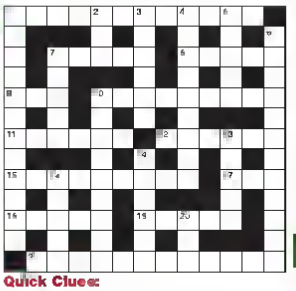
Cryptic Clues:

Across

1 Picks out the fellow by the vessel showing shooting ability (10)
7 Some of the extraordinaries for transport (5)
8 Has a used notwithstanding (5)
9 Manage a continuous series of performances (3)
10 Girl's name needs amending pretends to be unfit (9)
11 Emphasise the account requires money (6)
12 The show is missing from an idyllic canteen (9)
15 One friend's after the market in a hostile way (9)
17 Drink produces endless gain of gas (3)
18 A gently thankful reminder (5)
19 The brute will destroy the root vegetable (5)
21 Regard as skilful not to be charmed (10)

Down

1 What no patient would suffer at the hands of an efficient doctor? (12)
2 South Pacific always initially provides pause for recuperation (5)
3 The reports will show fifty in Indian numeracy (6)
4 Support a small railway that's not of prime importance (9)
5 I find fault - the will make you angry (5)
6 Go over to inspect what nourishes has to do (5-7)
7 Is this the keynote to health? (5)
10 Wrinkles are apparent in the fellow's vanity (9)
13 Teacher kisses his heart and makes a statement (5)
14 Criticised the way this roof is covered (6)
16 Is the broadcaster so active? (5)
20 The iron rod is almost completely stripped (3)



Quick Clues:

Across

1 Private (12)
7 Lid (5)
8 Watery (5)
9 Small child (3)
10 Imposter (8)
11 Modern (6)
12 Current (6)
15 Postponed (8)
17 Donkey (3)
18 Leeway (5)
19 Implied (5)
21 Reproof (12)

Down

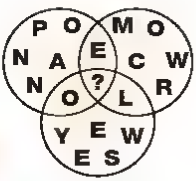
1 Revokes (12)
2 Sick (3)
3 Envelop (6)
4 Reduced to a synopsis (8)
5 Ward off (5)
6 Pronounced (12)
7 Caper (5)
10 Director of orchestra (8)
13 Precise (5)
14 Seize (6)
16 Sap (5)
20 Tin (3)

Last week's solutions

CRYPTIC Across 4 Annoyed 9 Fanfare 9 Stunned 10 Eleven 11 Breath 12 Debate 18 Pheasant 20 Dances 21 Dimple 22 Leakage 23 In case 24 Tonsure Down 1 Spreads 2 Inverse 3 Cinema 5 Nota bene 6 Opens 7 Erects 13 Stranger 14 Stop-gap 15 Stained 16 Tuxedo 17 Smiles 18 Orient QUICK Across 4 Account 8 Airman 9 Inflate 10 Astute 11 Regard 12 Encircle 18 Positive 20 Patient 21 Serial 22 Fashion 23 Banish 24 Repress Down 1 Pulsator 2 Protect 3 Matter 5 Congress 8 Oblige 7 Nature 13 Captious 14 Disdain 15 Wealthy 17 Manager 17 Letter 18 Israel

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions:

The letter represented by the question mark is R. Panther, caracal, leopard, all wild cats

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

		S			
			M		
S					
					E
	A				

A

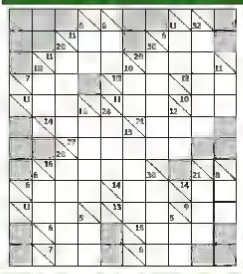
O	A	S	T	E
S	A	L	E	M
R	A	S	O	L
S	O	A	M	E
E	L	E	R	O

B

Last week's solutions

Grebe, Rural, Erase, Base, Elect.

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Simple

1			8	3	9			5
	8			1			9	
9			4					8
		3		8		7		
2	6			7	3		5	1
		7		4		2		
6	5				4			7
	4		7	6			3	
3			1	2	8			6

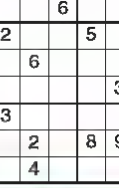
Intermediate

	2		3		7		9	
3	5						2	7
				1	6			
7			1		4			6
		5				9		
9		6	8		5			4
				3		7		
5	9			6			4	2
	6		9		8		5	

Difficult

				7		3		
	4	8		5		7		
3					6			8
	1		2			5		
7				6				2
		9					3	
1			3					7
		4		2		8	9	
		5		4				

Last week's solutions > From top to bottom: simple, intermediate, difficult



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The big chill bill: 43% ignore essential winter jobs around the home

WITH REPORTS of the coldest winter in decades just around the corner, The Co-operative Home Insurance is urging homeowners to 'winter-proof' their house to help avoid a claim filled Christmas. The warning comes following shock stats that show that nearly half (43%) of Brits are ignoring crucial jobs that could leave them out in the cold.

The survey showed that although eight out of 10 people are aware of the avoidable damage that could be caused, the DIY shy nation are shunning those all important jobs.

Topping the list of the most avoided winter jobs is clearing the gutters (34%), followed by clearing the garage to store the car (18%), with even simple tasks such as bleeding radiators coming third (15%).

Women are more reluctant to carry out DIY tasks in the home with more than two in three (68%) admitting they rely on their partner for any handiwork. Whereas dads are the most called upon relative, with 41% of Brits confessing they phone a parent when a job needs doing. However, just one in 10 cautious consumers only rely on professionals for jobs in the house.

Although many are relaxed when it comes to winter-proofing their home, the cost and inconvenience caused in the event of claims can be devastating. The Co-operative Home Insurance has warned that claims can be as big as £35,000, which was caused by a collapsed roof due to snowfall. Escape of water claims in winter, most likely to be caused by a frozen burst pipe, are also common with the average occurrence costing £5,200.

Although financially, those with home insurance have peace of mind, claims that cause structural damage can result in people having to be put up in alternative accommodation which is not only an inconvenience but a distressing way to spend Christmas.

Anthony Lewis, Head of Home Insurance at The Co-operative Insurance says, "A few spot checks around your home will reduce the likelihood of winter rains, snow, wind and cold causing structural damage, which could result in your home being inhabitable.

"Whether it's noticing some loose tiles on the roof, clearing the gutters or making sure the loft is insulated, winter-proofing can give you peace of mind that you can enjoy a safe winter. We hope that our advice can help people prepare for winter and emphasises the importance of having house insurance so that if the worst happens, they know they are covered."

One job that people are less likely to avoid is getting the boiler serviced and replacing batteries in the smoke and carbon monoxide alarms with 48% claiming that they prioritise the task.

The West Midlands is the most uninsured region with 22% admitting they don't have any cover, whilst London is close behind with 18% knowingly uninsured this winter.

The Co-operative Home Insurance Top Tips for getting your home winter ready:

- Get your boiler and central heating serviced by a registered engineer
- Look at the exterior of the house – look for loose tiles or bricks that the frost could get in to or bad weather could affect
- Clear guttering from leaves and debris to help avoid leaks. A blocked gutter could collapse under the pressure so always best to check
- Get open fire and wood burning stove chimneys swept
- Check smoke alarms
- Check carbon monoxide alarms
- Check all pipe insulation for damage
- Make sure you know how and where to turn your water off at the mains
- Check that the stopcock works – they can jam if not used regularly
- Clear the garage to make room for your car in freezing conditions
- Make sure you have a supply of salt/grit to clear any drives or pathways

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ALDWICK BAY ESTATE **£270,000**

A very well presented first floor apartment situated in a small development approx 150 yards from the private marina estate The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. dble glazing, dual aspect living rm with windows to South and West, attractive kit/breakfast rm, two bedrms, fully tiled shower rm, garage in nearby compound and use of landscaped communal gardens. EPC RATING C

ALDWICK BAY ESTATE **£269,950**

A ground floor flat situated in a small development in private marina estate approx 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g f h u P V C dble glazing, dual aspect living room with doors opening to the West facing area of garden fitted kitchen & bathrm, three bedrooms, garage and the use of the South facing communal gardens. EPC RATING. C

CRAIGWEIL-ON-SEA **£237,500**

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach G.F.H. u P V C. donble glazing, a 17' triple aspect living room, two donble bedrooms, a refitted kitchen refitted bathroom, a garage and a private South West facing rear garden. EPC Rating. E

ALDWICK **£227,500**

A well presented two bedroom first floor apartment situated in a private marina estate with 150 yards of the gated access to the beach. G F H u P V C dble glazing, attractive living room combining the lounge & kitchen with doors to South facing balcony, bathroom, allocated parking. South facing communal gardens. NO FORWARD CHAIN. EPC RATING. B

ALDWICK **£157,500**

A three bedroom maisonette situated in an excellent residential location within 300 yards of the beach. The property has g/f/h dble glazing, dual aspect lounge, kitchen/dining room, first floor bedroom, a second floor bedroom with access to a balcony, & further second floor bedroom with separate w.c. EPC Rating. E

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h. donble glazed, living room-kitchen, bedroom, bathroom, personal patio area. EPC rating C

NYETIMBER **£79,950**

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Motors

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Direct Debit and abolition of the tax disc

THE GOVERNMENT is changing the law in 2014 to reduce tax administration costs and burdens associated with vehicle tax.

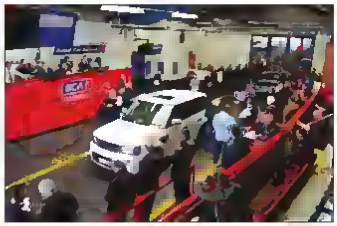
The Department for Transport (DfT) made clear in its recent Motoring Services Strategy consultation that the government is committed to offering high quality and cost effective services to the public and businesses. DfT and DVLA have listened to the views of both businesses and the public to remove unnecessary burden and provide modern and efficient services to meet their needs. This includes getting rid of unnecessary paper where possible and making it easier for people and businesses to use government services.

The Chancellor of the Exchequer has announced that the government will change the law in 2014 to reduce tax administration costs and burdens associated with vehicle tax.

DVLA will offer motorists the ability to spread their vehicle tax payments should they wish to do so. From 1 October 2014 motorists will be able to pay vehicle tax by direct debit annually, biannually or monthly. There will be no additional handling fees for annual payments but to limit the impact on the public finances there will be a small surcharge of 5% of vehicle tax for biannual and monthly payments. This is half of the 10% surcharge that is currently applied to 6 monthly tax discs and which has been in existence for a number of decades.

Also from 1 October 2014, the paper tax disc, first issued on 1 January 1921, will no longer be issued and required to be displayed on a vehicle windscreen. Vehicle tax will still need to be paid but with DVLA having a digital record of who has and has not paid, a paper tax disc is no longer necessary as proof that vehicle tax is paid. The vast majority of motorists pay their vehicle tax with latest figures confirming that over 99% of motorists' tax their vehicles on time. Most on-road enforcement action is now based on using Automatic Number Plate Readers. These cameras use the number plate rather than a visual inspection of the tax disc. The police also have access to DVLA records via the police national computer. There are significant savings for fleet operators and other businesses from not having to handle the administration of tax discs.

Used car values reach record levels in November



AVERAGE VALUES continue to surge to record levels in the used car market according to leading vehicle remarketing company, British Car Auctions (BCA) with November achieving the highest monthly average since it began reporting in 2005. The year on-year figures also showed a substantial 16%+ rise over 2012, underlining the on going value evolution in the used car market.

November values climbed by £315 (4.8%), compared to October, to £7,489 and were up by £1,038 (16.1%), year on year. Perhaps also reflecting the change in attitudes to car ownership as the UK comes out of the economic downturn, average mileage on vehicles sold by BCA continues to fall year on year – down by around 2,500 miles compared to 2012. The average age of vehicles is also down year on year, by just over a month at 90 months.

Vehicles sourced from fleet & lease organisations posted the fifth record value in the past six months and continue to average well over £9,000, remaining significantly ahead year on year. Dealer part-exchange values reached a record level for the third month running and the seventh time this year, climbing to £3,857 and are also substantially ahead year-on-year. Nearly new values reached a highpoint for 2013, but volumes remain very low and model mix remains the most significant price factor.

Simon Henstock, BCA's UK Operations Director commented 'Buyers were out in force in November acquiring stock and BCA recorded some exceptional results. Professional buyers will no doubt remember that average values rose very sharply last December due to the shorter trading month and ongoing dearth of retail-quality stock, so there was an element of "getting ahead of the game".

Henstock added "As in previous months, there was plenty of competition for any vehicle in ready-to-retail condition and cars with a good level of specification attracted a lot of attention from buyers. 4x4s continue to benefit from a seasonal uplift, with the average value climbing by £280 in November to £14,144. Put into context, values in November were more than £1,200 ahead of September and that's before any bad weather has arrived! Last winter, values peaked at nearly £15,000 so we expect that prices may well rise further."

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Football

City's battling point holds Hassocks

By Chester Browton

CHICHESTER put in another bold performance to pick up a point in a thoroughly deserved 1-1 draw against second-placed Hassocks.

George Landais, who scored a hat trick in City's previous match, was rested.

On a night when many other games were affected by fog, the visibility at Oaklands Park wasn't ideal but there was never any danger of the game being abandoned. The attendance was considerably swelled by the presence of the entire Selsey team, who had a change of plan after their game at Ringmer was called off.

Phil Gault and Dan Jacques both hit the woodwork for the Robins during the first half, but it was City who made the breakthrough in between. A crossfield ball on 35 minutes found Tom Groom free on the right and the winger sent a superb delivery into the goalmouth with Alex Ansa timing his run perfectly to strike a rebound off keeper Max Collins from close range.

Right at the start of the second-half, a poor clearance gave Hassocks the equaliser when Anthony Hibbert spotted Ender off his line and lobbed the ball into the net with unpoint accuracy from about 30 yards out.

There was little to choose between the two teams, although play was halted several times due to a series of niggly infringements.

Connor Cody thumped a shot in the 51st minute that deflected off Collins as he scrambled into position, and sub Joe Manners almost struck with his first touch of the ball but had his legs taken away before he could shoot.

City: Ender, Heath, Sanashee, Cody, Hibbert, Boniface, F Smith, Kilner, Blatchford, Ansa, Groom. Subs: Hegarty, Manners.

City remain second with victory

Sunday 8 December 2013
South West Combination League 2013-2014
Chichester City 3 -1 Keynsham Development

KEYNSHAM Development were the visitors to Oaklands park on Sunday for a game that saw the green army return to league action. Keynsham were the last side to take points from Chichester and with other teams in the league beginning to put some good results together the team knew they could not afford another slip up to the team from the west-country.

Chichester made almost the perfect start when after 4 minutes Hollie Wride produced a powerful strike that gave the keeper no chance. The ball found its way to Wride, who was around 25 yards from goal, she took a touch to bring the ball under control and with her second touch unleashed a pile driver that moved left and right wrong footing the goalkeeper and flying into the roof of the net. It was obvious from the moment it left her foot that it was going to be the opening goal and really set the tone for the remainder of the half.

With the majority of the attacking impetus belonging to Chichester it was only a matter of time before they got their second. The goal came in the 33rd minute and it was definitely worth waiting for. Wride picked up the ball in midfield and played a pass out to the left where Fowle took a first touch, outside and then, reminiscent of her strike against Portsmouth, curled the ball into the far corner of the goal leaving the keeper rooted to the spot.

With Keynsham beginning to look dangerous in the second half manager Matt Wright made a change that saw Strudwick come onto the right wing. It didn't take long for the substitution to pay dividends. Chichester won a free kick in their own half, Alexandre played the ball into Wride who played a through ball into Strudwick and after taking on the full back played a cross into the box which looped over the goalkeeper and nestled into the back of the net.

The scoreline obviously frustrated the visitors who became very physical in the latter stages of the game culminating in a booking for one of their midfielders. A lot of free kicks were now being awarded all over the pitch and when Keynsham were awarded a debateable one on the edge of Chichester's area there was a sense of real danger. The free kick found its way through the wall and it was up to McNamara to produce a breath taking save diving low to her right to tip the ball out for a corner. What made the save even more impressive was the lateness in which she would have seen the ball. With the amount of free kicks now being awarded it wasn't long before the visitors got another opportunity. A foul was given, when the defender only seemed to be stronger to the ball, in a very similar position however this time McNamara stood no chance and the ball was hammered into the roof of the net.

Straight from the commentary box

We all want to be like Steve McQueen

Johnny Cantor

THERE'S a wonderful piece of cinema in the Magnificent Seven when Yul Brynner asks Steve McQueen – "Where you from?" (He points behind him). Then asks "Where you heading?" (He points forward). It is of course the story of a group of misfit cowboys coming together to take on the money-grabbing bandits. I was reminded of the clip as I made a retro-style return to Withdean this week for the Albion press call. The theatre of trees actually looks pretty similar when the Seagulls were playing there. Often Albion seemed to take on the role of underdogs at their make shift home. They left on a high after promotion to the Championship and the League One title but all supporters will have their own special memories of the Albion upsetting the form books (Man City anyone?).

Speaking to defender Matthew Upson was somewhat of a surprise. Here's a man who has played for England at the World Cup but he only had good things to say about the place. Great pitch. Secluded. He played there competitively with Reading and says people shouldn't mock it. I know he never had to sit in the temporary stands in the pouring rain, exposed to the weather. It could be grim of course.

The former ground certainly throws up a gentle reminder of where Albion has come from. I think we all know where they are heading as well. Upson also had some great views as did Nathan Jones, on the strength and appeal of the Championship to foreign players and managers. When playing Leeds, Nottingham Forest, and this weekend's opponents Middlesbrough, it's easy to see why. The competition for the Premier League is as fierce as ever. If Albion has to wait a few more years, then so be it. Let's hope they do it with style and a swagger. Just like Steve McQueen.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	15	41
2	HASSOCKS	17	34
3	HORSHAM YMCA	17	33
4	LITTLEHAMPTON TOWN	16	32
5	EAST GRINSTEAD TOWN	16	28
6	CROWBOROUGH ATHLETIC	17	27
7	DORKING WANDERERS	17	26
8	SELSEY	16	26
9	LINGFIELD	16	25
10	NEWHAVEN	16	24
11	ST FRANCIS RANGERS	16	21
12	PAGHAM	17	20
13	CHICHESTER CITY	17	20
14	RINGMER	16	19
15	SHOREHAM	15	10
16	LANCING	16	10
17	RYE UNITED	15	17
18	ARUNDEL	16	13
19	HAILSHAM TOWN	17	7
20	WORTHING UNITED	16	4

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	15	38
2	HAYWARDS HEATH TOWN	17	37
3	LOXWOOD	16	35
4	LITTLE COMMON	18	32
5	BROADBRIDGE HEATH	15	31
6	STEYNING TOWN	15	26
7	BEXHILL UNITED	17	23
8	AFC UCKFIELD	14	22
9	WICK & BARNHAM UNITED	16	22
10	MILE OAK	15	+22
11	WESTFIELD	15	18
12	OAKWOOD	15	14
13	STOBLINGTON	16	14
14	SEAFORD TOWN	15	13
15	RUSTINGTON	16	11
16	MIDHURST & EASEBOURNE	16	9
17	SALTDEAN UNITED	15	7

Division Three

	Team	P	PTS
1	LANGHEY WANDERERS	8	22
2	BOFFEY	10	18
3	IFIELD	10	18
4	FERRING	9	16
5	BILLINGSHURST	11	13
6	HURSTPIERPOINT	10	13
7	SIDLESHAM	9	12
8	BOTTINGDEAN VILLAGE	10	11
9	UCKFIELD TOWN	8	10
10	CLYMPING	10	10
11	SOUTHWICK	9	6

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